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NOVEMBER 2015



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How to be cool by Claire Danes

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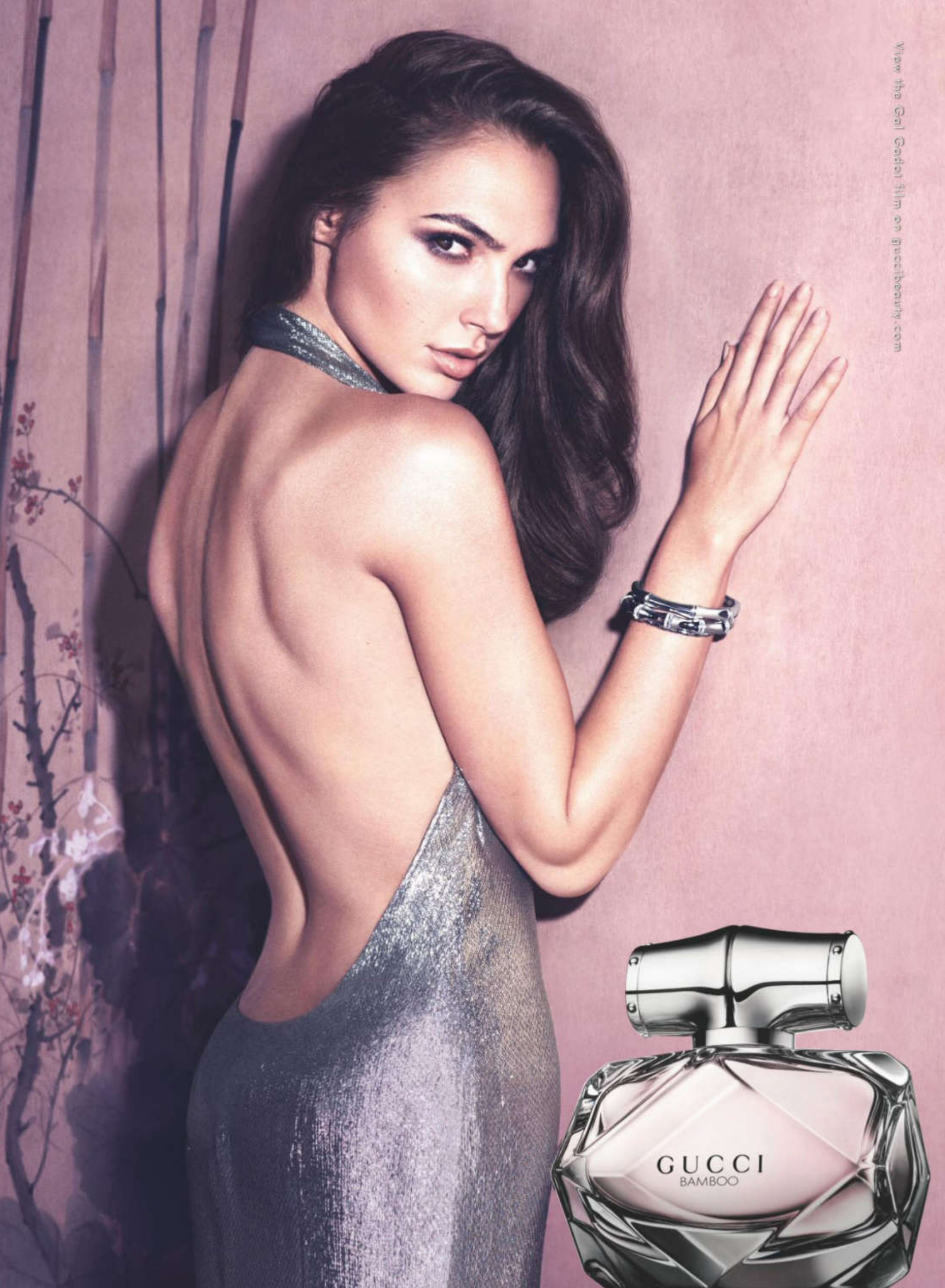
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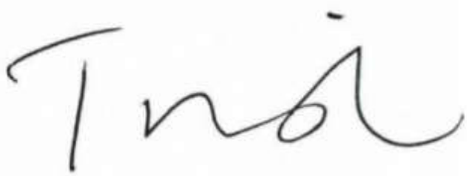


THIS TIME LAST YEAR, WE held our first Women At The Top Awards, in which we gave a glamorous, well-deserved pat on the back to ten women who have achieved remarkable, groundbreaking things in their careers. Our winners were awesome; their speeches made our audience laugh, gasp and even shed the odd tear, and during post-show cocktails, everyone agreed that you'd have no idea, if you passed these women in the street, just how amazing they are. Back at *MC* HQ, we introduced a new page called 'You'd Never Guess That…' (page 179) and, a year on, we've featured many fantastic *femmes* who are changing our world, even though they look just like the rest of us on the train home at night.

Now it's time to present our 2015 Women At The Top, and we have another fine selection, from the first female head chef at The Savoy, to a novelist who has exploded onto the best-seller list with the most-talked-about book of the year (*Girl On The Train*, if you hadn't already guessed). Read their stories in our special *Marie Claire* @Work section, starting on page 203, where you'll find more smart ideas and insights for getting to the top of your career.

With migration and the refugee crisis very much on all our minds right now, we decided to take a different angle on the issue in 'Mind The Culture Gap' (page 136). Speaking to four women who migrated to the UK and the daughters they brought up was illuminating for a number of reasons: what they sacrificed to come here; why giving their children the opportunity for an education and life in a safer, less misogynistic society was so important to them, and how their daughters have grown into the happy and successful women they dreamed they would be.

It made me feel proud of our nation, but also downright lucky that, through the accident of birth, I live in a country where I can have all these advantages, for which so many women all over the world are prepared to risk their lives – even at this very moment.



Trish Halpin, Editor in Chief

Tweet me @TrishHalpin

WHAT WE'RE LUSTING AFTER THIS MONTH



Lucia
Fashion editor



'Take a black shirt from plain to cool with glistening embellishment'

Blouse, **£130**, MICHAEL Michael Kors



Abisoye
Senior fashion assistant

'A fun take on a classic that will add a pop of colour to your work suit'



Shoes, **£360**, Red Valentino at Veryexclusive.co.uk



Grace
Senior fashion assistant

Skirt, **£129**, Marella

'Team this skirt with a white shirt and ankle boots for the perfect AW15 look'



PHOTOGRAPH BY DAVID NEWBY. STILL LIFES BY NOHALIDEDIGITAL.COM. TRISH WEARS SWEATER, VICTORIA BECKHAM; TROUSERS, PAUL SMITH; SANDALS, SOPHIA WEBSTER. STYLED BY HOLLY WELCH


MARINA RINALDI
Women are back


PATRICIA ARQUETTE
VIEW THE VIDEO AT MARINARINALDI.COM


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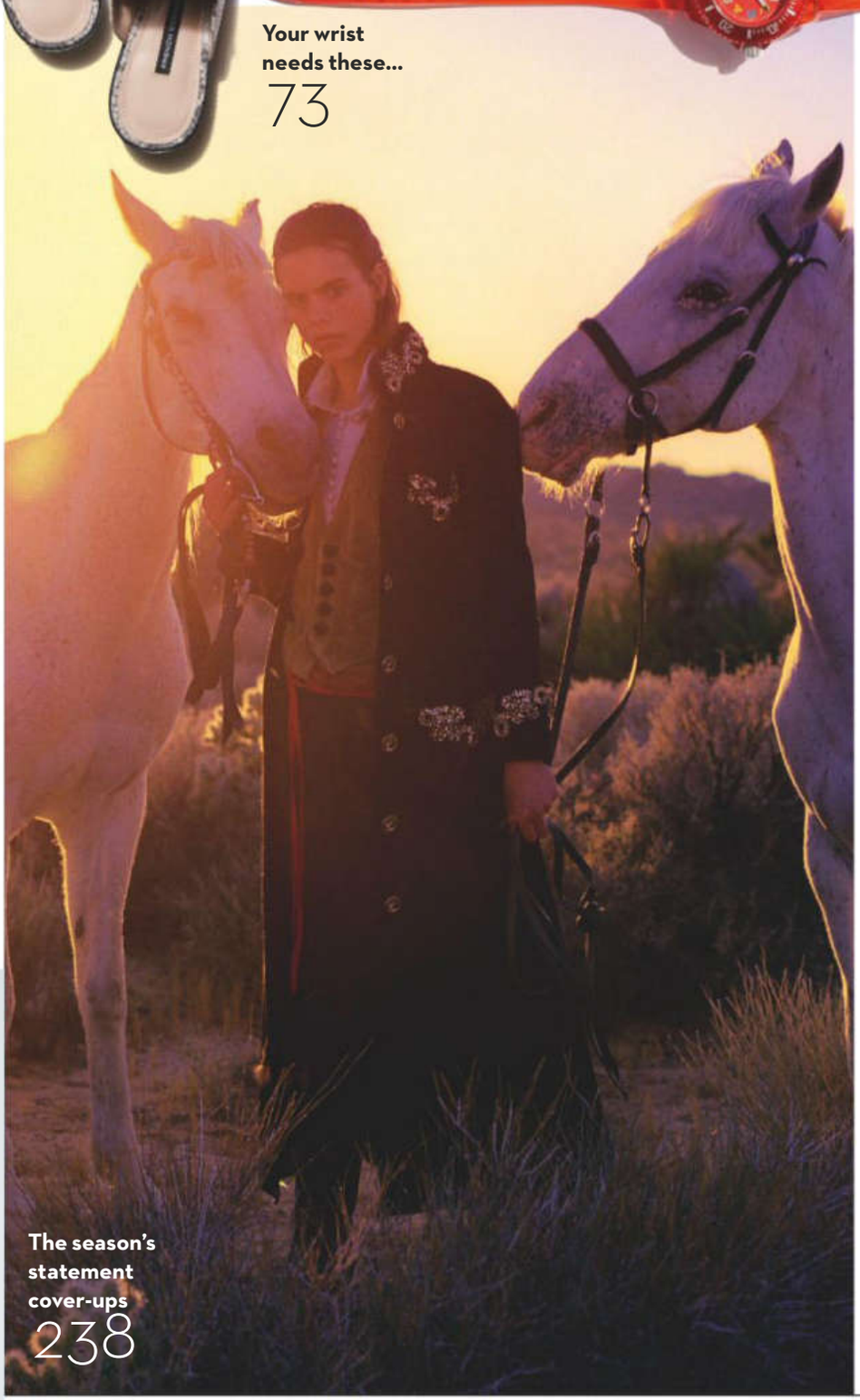
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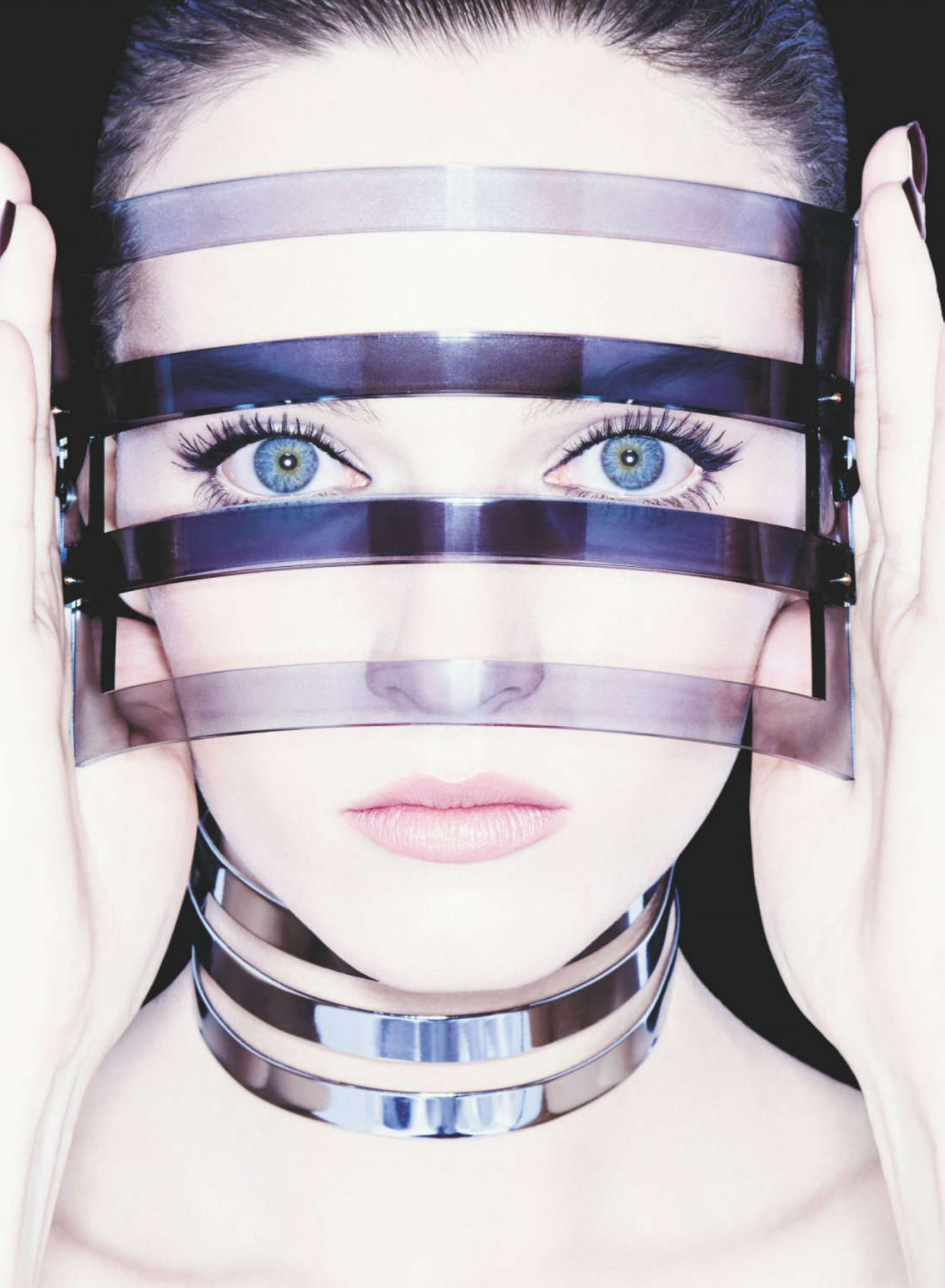
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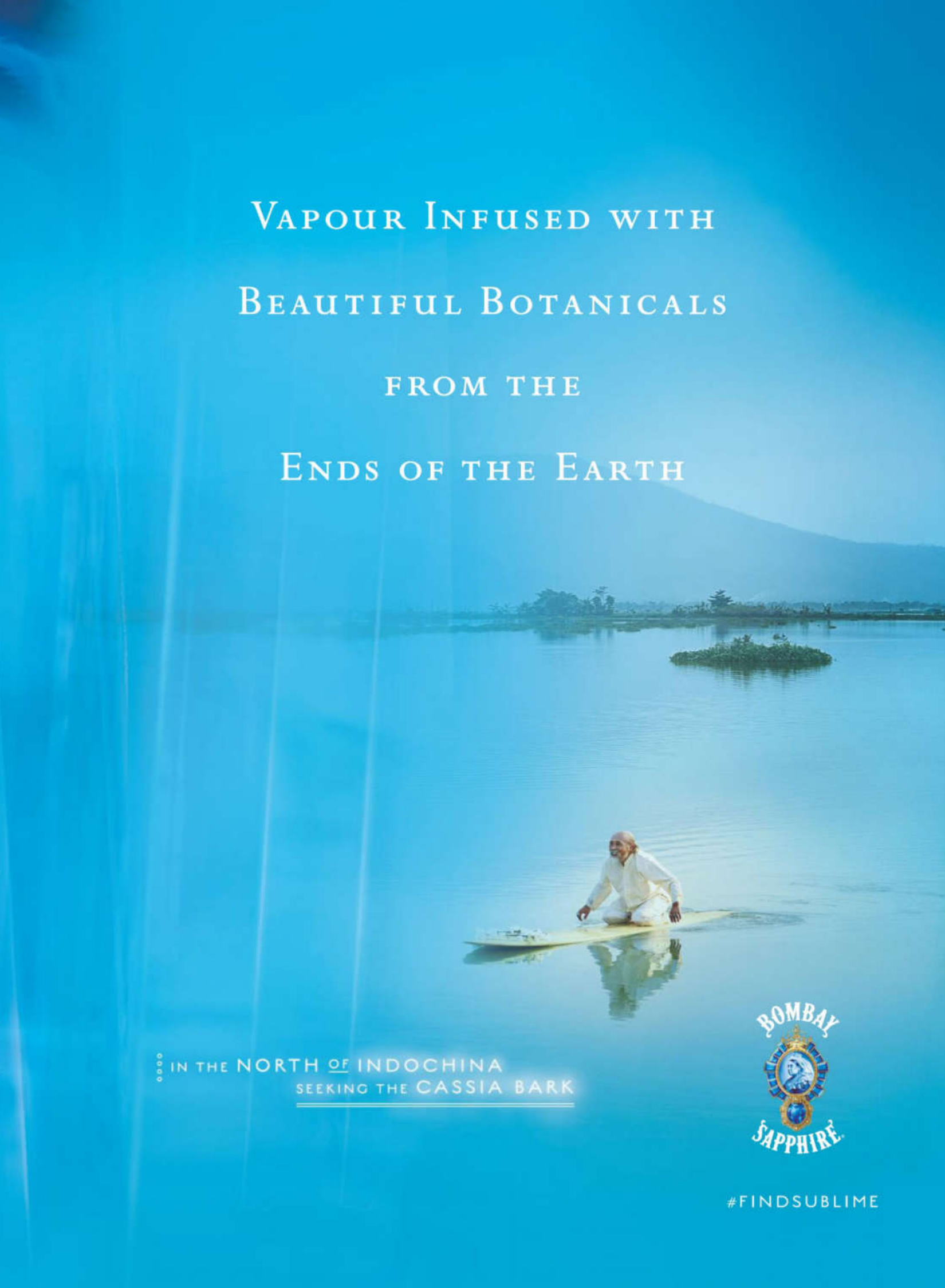


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Letter of the month

Your article 'My Parents Divorced Me' struck a chord, and I wasn't surprised to learn that 5 million people in the UK are estranged from their families. When a relationship with a family member is unhealthy and causing suffering, the victim has every right to stop interacting with that person. You should not have to tolerate unacceptable behaviour because someone is related to you. Angelina Jolie famously once said, 'Families are earned.' I agree with her. My brother swindled my parents out of a lot of money from the family business. They couldn't forgive him and died not speaking to him. I am trying to heal the rift he still carries with the rest of the family. It's difficult, because he feels he has done nothing wrong, but I won't give up.
Ava, Cheshire



WIN!
The writer of the letter of the month will win a fabulous make-up set, worth over £290, by Italian cosmetics brand Lord & Berry (lordandberry.com).



WISE UP TO LOVE
I'm delighted you included an article on polyamory ('Redefining Love'), but it would have been good to hear the views of a wider age range. I'm 35 years old, bisexual and have been married for nine years to my straight husband. We are happily poly – as are my boyfriend and his wife. Many of us are older, married and even have kids. I want people to know, it's not just a phase or a case of experimenting. For some of us, it's the way we live.
Rose, Bristol

HEALTHY LIVING
I'm a doctor with a keen interest in nutrition and the effect it has on our well-being and mental health, so your 'Modern Eating' article was very interesting. I was so moved by food blogger Jordan Younger's account of how she battled an eating disorder amid abuse and death threats – and won. What she said about healthy people being 'happy people, with meaningful relationships, positive body image, energy to live their lives and a passion for what they do' was so profound, especially in the current climate of self-obsession.
Farhat, by email

GIRL POWER
I read 'Are You A Victim Of Laptop Sexism?' with great interest. The tech industry is definitely a man's world. It's bad enough that women aren't taken seriously in an industry where they already receive fewer opportunities, lower salaries and less respect than their male counterparts, so I'm pleased your article worked hard to counter this reputation. I've taken your good advice on board and will make a stand in future.
Genna, Clwyd

HURRAY FOR GOOGLE
Your September article 'How To Get The Best From Your GP' was very refreshing. I would especially like to thank you for the 'Google at your peril' section, where you point out that most doctors don't actually mind this. Had Google searches not been persevered, my mum would have an IUD coil stuck in her stomach, and my brother an undiagnosed tarsal coalition. Yes, it was at our peril, but without these searches, these conditions would still be wrongly diagnosed. Thank you.
Anon, by email

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NEW

Our @TrishHalpin and the judges named @ChristopherKane Designer Of The Year at the #ScottishFashionAwards





@flowfestivalhelsinki gets the 'ah, pretty' vote at *MC* HQ



Acting features director @CorinneRedfern oh-so-casually stagecrashes @flowfestivalhelsinki

Features assistant @KiaraKeane (front row, second from left) headed to Tanzania to report on the country's first Fairtrade gold mine (below)





Kicking off our #ShoesFirst celebrations with a @zevenmedia photo booth, and goodie bags, complete with @BiscuiteersLtd biscuits...



marie claire social

A trip to Sin City, one serious shoe crush, music-fest saunas and star-studded sets. Cue this month's *MC* shenanigans...



... before dancing our socks off at the party venue @CenturySoho

Our senior beauty editor @ItsMeAnitaB caught up with @ChrisAppleton1 – Rita Ora's hairstylist, and a bit of a hottie





@ItsMeAnitaB doesn't have a future as a pro gambler, then...

@ItsMeAnitaB hits the @dermalogica conference in Vegas, baby!

On set with Anne-Marie Duff (centre), photography director @SianParryLewis, Bryan Adams and fashion director Jayne Pickering (from left to right)





@SianParryLewis is head over heels for these @louboutinworld 'So Kate' beauties



@SianParryLewis and make-up artist @leepycroft (centre, left and right) join some brave ladies for the Solace Women's Aid shoot

Follow *Marie Claire* on Instagram, Twitter and Facebook @marieclaireuk and check out marieclaire.co.uk

Last month's #TheBigQuestion was: Are people more sexist online than in real life?

Rachel @Lahela88 @marieclaireuk People generally feel safer expressing socially unacceptable views online.

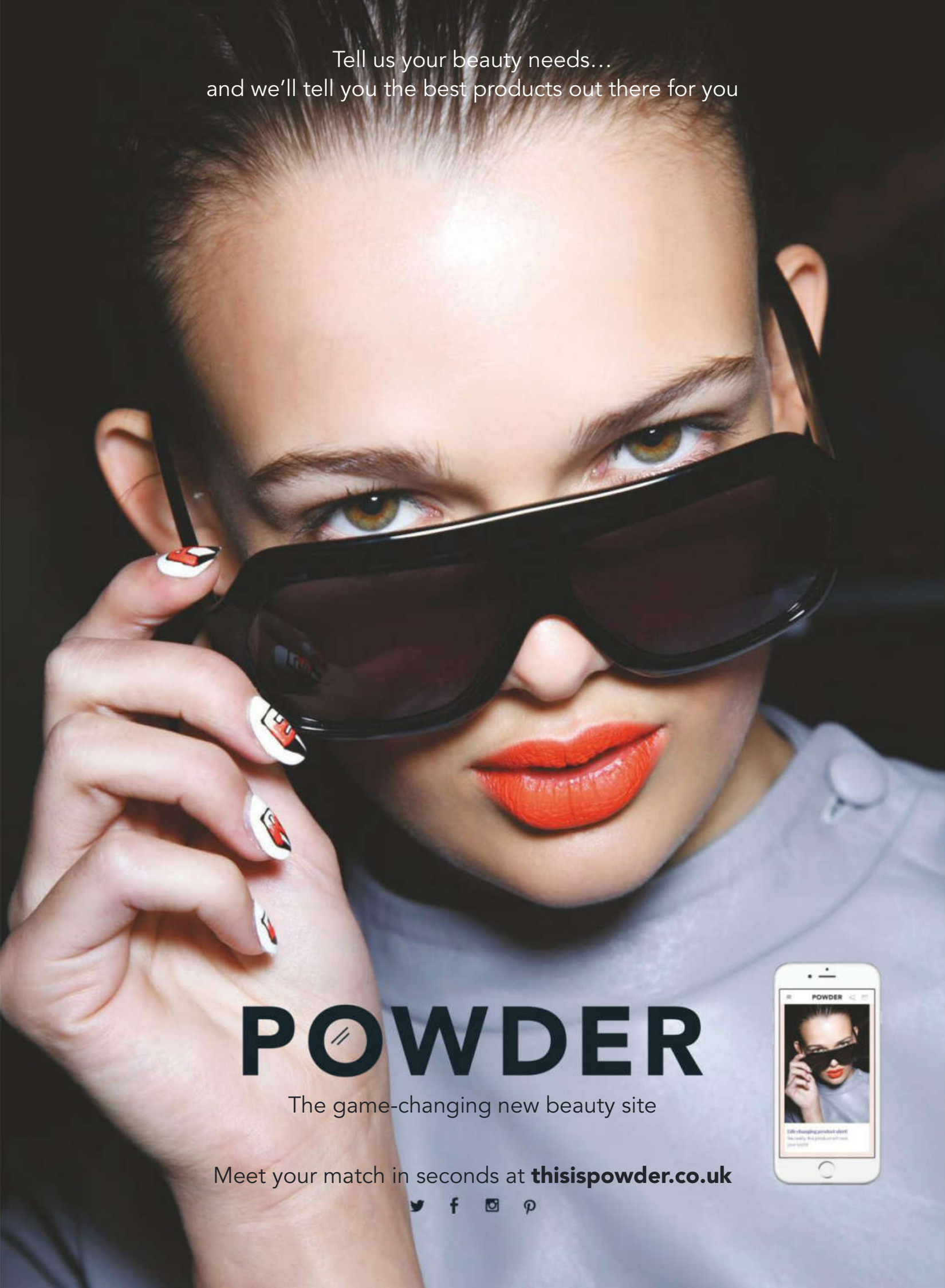
Tamanna A Miah @Tamanna_A_Miah @marieclaireuk I think it depends. If you know someone, they may be more sexist; if you don't, they may be less so. It depends on age, too.

Flatoutfabulous @abssaway @marieclaireuk People (men) have more balls online, but get tongue-tied when confronted.

Shopaholic @shopaholic5000@ marieclaireuk Same online and in real life, difference is they voice opinions online, since they don't have the courage to say them in real life.

This month's #TheBigQuestion Are you happiest single or in a relationship?




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and we'll tell you the best products out there for you
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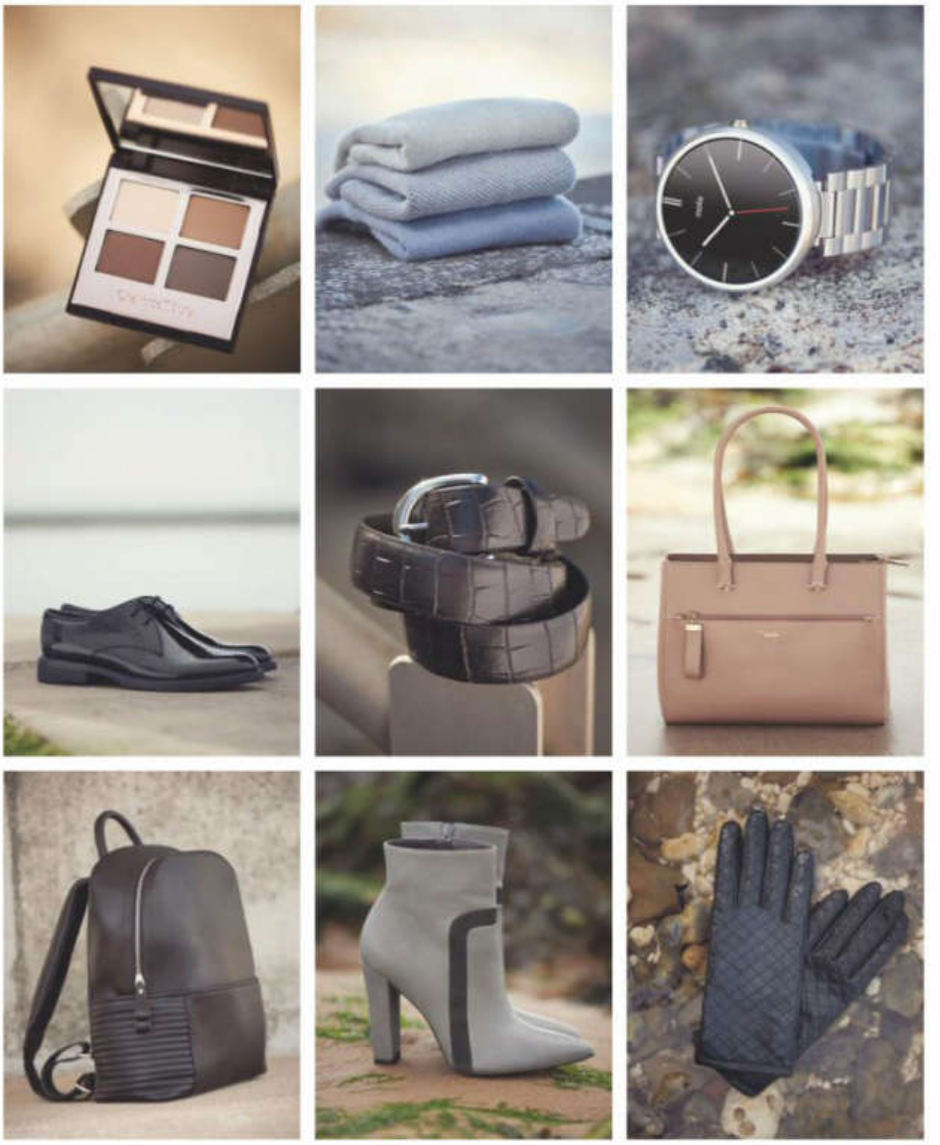
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[THE EDIT]

INDULGENCE REDEFINED

Charlotte Tilbury The Sophisticate Palette £38, Jumpers from £59 Kin and Hobbs,
Moto Smartwatch £229, Hudson black brogues £125, John Lewis belt £20, Modalu bag £199,
Kin backpack £45, Kin grey ankle boots £119, John Lewis quilted leather gloves £60,
Jigsaw coat £298, John Lewis jacket £120, John Lewis trousers £69, Ted Baker shirt £89.

John Lewis
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FASHION FIRST



PAUL SMITH

HOT RIGHT NOW...

SNUG SHEARLING
Cosy up to the catwalk's toastiest trend

CLOCK WATCHING
The new statement timepieces topping our lust list

MID-SEASON SPINS
Instant-update hero buys to nail that transitional wardrobe

PHOTOGRAPH BY IMAXTREE

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*MOST COMMON RATING AMONG 531 WOMEN ON Supersavvyme.co.uk – 21/05/2015.
SOME WOMEN PROVIDED WITH PRODUCT. MODEL WEARS 8/0 MEDIUM NEUTRAL BLONDE.

100% GREY COVERAGE



Dress, about **£840**, AWAKE

Bag, **£235**, Milli Millu



Coat, **£2,500**, Claudie Pierlot

STYLE TIP

Team the season's must-have shearling coat with a chiffon dress, roll-neck sweater and knee-high boots

TREND #1 GLOBAL WARMING

BEAT THE CHILL IN AW15'S MOST STROKEABLE LOOK. THINK SOFT SHEARLING AND FAUX-FUR TRIMS





Scarf, **£185**, Shrimps

Shoes, **£50**, River Island





Jacket, **£1,169**, House of Dagmar



Trousers, **£2,410**, Fendi



Shoes, **£334**, Tibi



Gilet, **£450**, Jigsaw



Bag, **£465**, Loeffler Randall

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ALEXANDER WANG

Blouse, **£35**, Marks & Spencer

Bag, **£475**, Coach

SIMONE ROCHA

Boots, **£920**, Laurence Dacade

Dress, **£89**, Finerylondon.com

GIVENCHY

STYLE TIP

Toughen the look up with a pair of black chunky boots and statement jewellery

TREND #2

HER DARK MATERIALS

A FABRIC MASH-UP GIVES GLAM GOTH A COOL SPIN. LOAD UP ON VELVET AND VICTORIAN LACE

Skirt, **£540**, Simone Rocha at Net-a-porter.com

Earrings, **£105**, Thomas Sabo

Dress, **£25**, Primark

Boots, **£675**, Tabitha Simmons

Coat, **£3,822**, Calvin Klein Collection

Knickers, **£20**, Panache

Bracelet, **£340**, Eddie Borgo



Shirt, **£270**, Filles à Papa



PAUL & JOE



Coat, **£180**, Banana Republic

Bag, **£1,450**, Roger Vivier

STYLE TIP

For a fresh twist on the trend, think outside the box and clash your tartans. Feeling bold? Wear the print head-to-toe

TREND #3 GRID REFERENCE

SQUARE UP TO THE NEW SEASON WITH PLENTY OF PLAID



TOGA

Scarf, **£80**, Comptoir des Cotonniers



Trousers, **£945**, Alexander McQueen at Matches fashion.com



Skirt, **£220**, Hugo Boss



Bag, **£1,530**, Miu Miu



Jacket, **£125**, French Connection



Boots, **£229**, Pretty Ballerinas

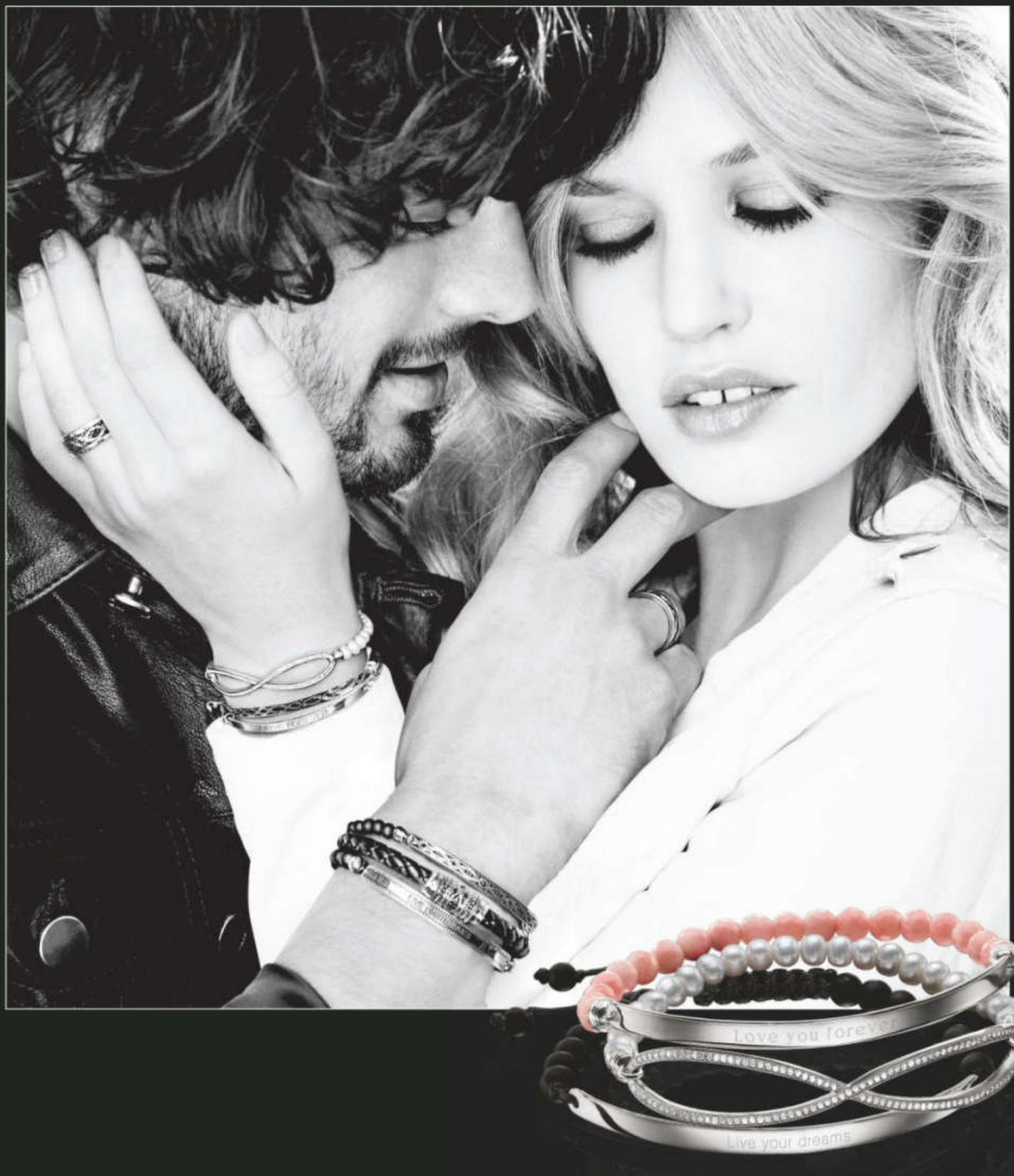


Shoes, **£550** Sophia Webster



MIU MIU

STYLED BY DES LEWIS. PHOTOGRAPHS BY IMAXTREE. STILL LIFES BY NOHALIDEDIGITAL.COM



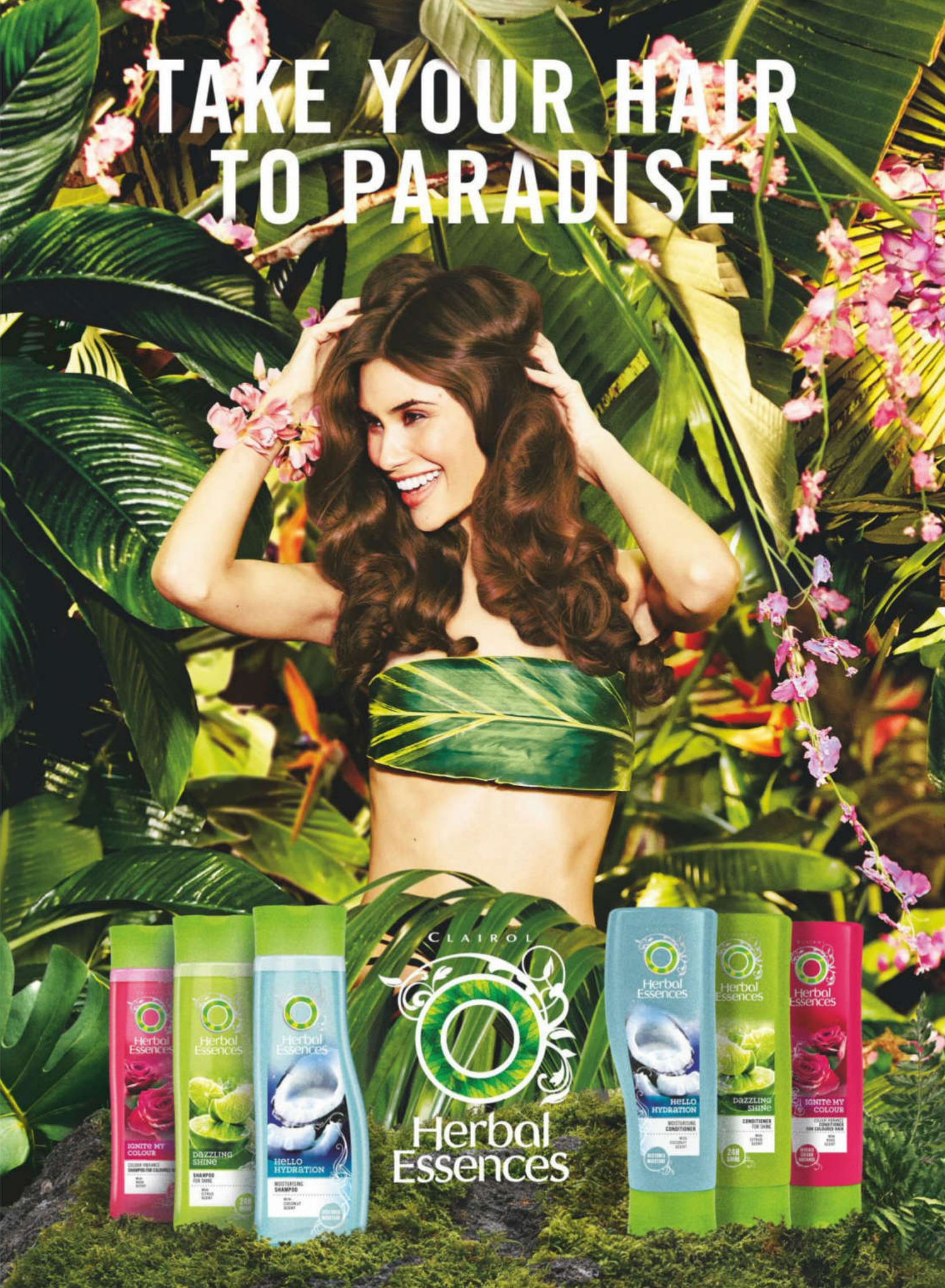
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1. £175, LK Bennett **2. £490**, Laurence Dacade **3. £230**, Loeffler Randall at Veryexclusive.co.uk **4.** about **£75**, Sam Edelman **5. £550**, Roland Mouret **6. £585**, Bionda Castana **7. £280**, Longchamp **8. £69.95**, Massimo Dutti **9. £250**, Kurt Geiger **10. £395**, Russell & Bromley **11. £45**, ASOS





THE SHOE PARADE

ON POINT Vs SQUARE ROUTE

It's *all* about the end result, so are you feeling super-sharp or pretty blunt? ▸



1



2



3

'Wear with autumnal shades, such as grey or burgundy, for a pop of colour'



4



5



6





7



8



9



10



11



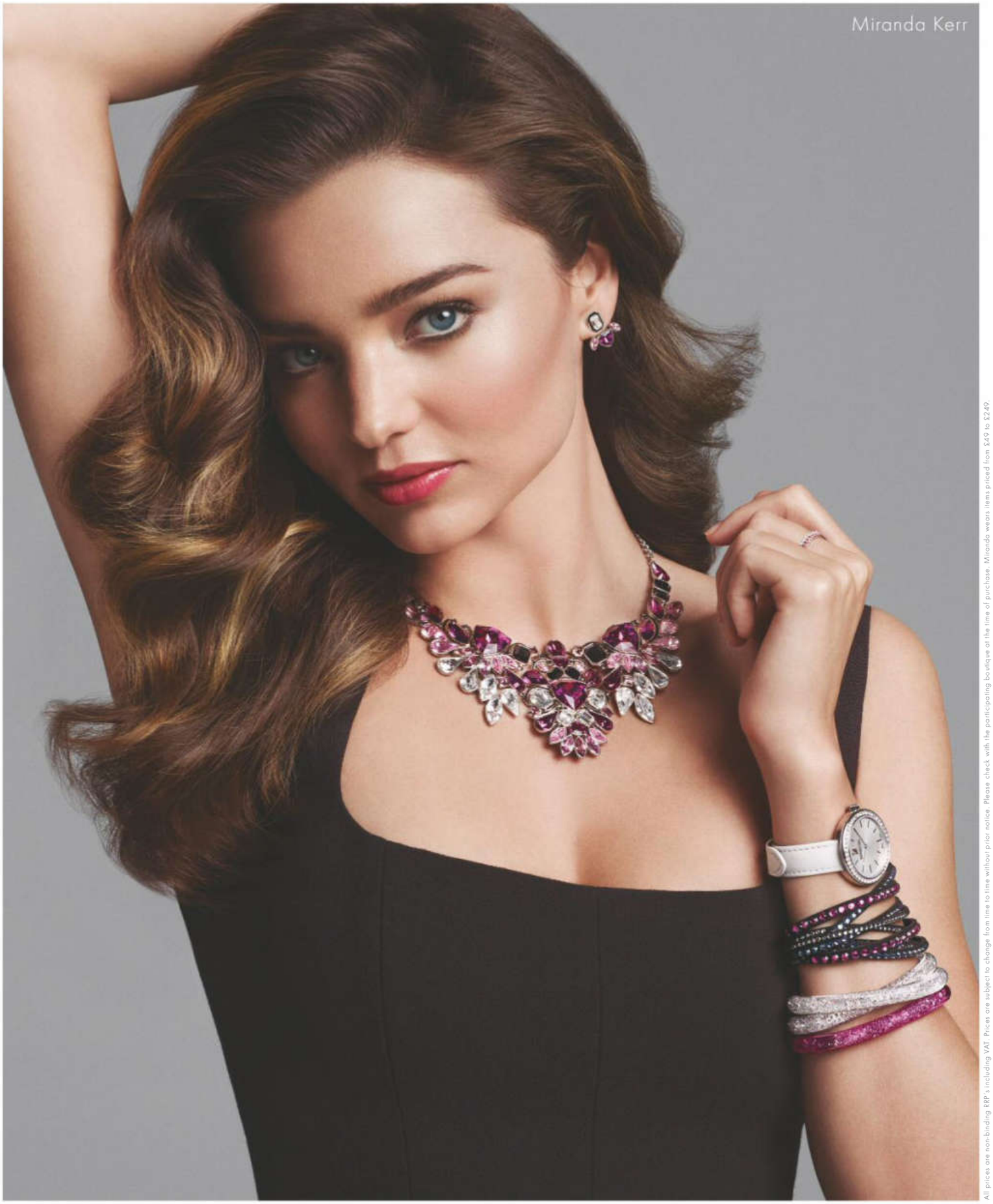
12

1. £380, Paul & Joe **2. £65**, River Island
3. £650, Nicholas Kirkwood X Roksanda Ilincic
4. £149, Hobbs **5. £455**, Emporio Armani
6. £750, Bally **7. £29.50**, Marks & Spencer
8. £68, Topshop **9. £500**, Marni **10. £69.99**, Zara
11. £29.99, H&M **12. £520**, Alexander McQueen



STYLED BY ABISOYE ODUGBESAN. PHOTOGRAPHS BY IMAXTREE. STILL LIFES BY NOHALIDEDIGITAL.COM

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Leather, brass and marble ***necklace, £715****, Tod's*

THE ONE

SHAPE-SHIFTER

This geometric beauty is on top fashion form

Photograph by **BEATE SONNENBERG** ***Styled by*** **DES LEWIS**



MISS SIXTY

misssixty.com

WHICH WATCH TRIBE ARE YOU?

Bold, prim, androgynous – arm yourself with a timepiece that complements your style set



£229, Michael Kors

£79.99, Sekonda



£155, Kenneth Cole



£895, Movado



£145, Tommy Hilfiger



BOYS' BRIGADE

Mannish tailoring was out in force last month, and if this is your cue for getting down with the boys (fashion-wise), then a watch is the obvious finishing touch. Adopt a chunky style as standard and choose a thick, silver bracelet strap. A classic-coloured metal face will show you mean business.



£195, Kate Spade New York



£80, Baby G



£79.95, Versace



£89, Kenzo at ASOS



£59.95, Ice-Watch



TREND HUNTER

Fuzzy bag-charm lovers simply won't be content with an understated accessory. You, dear trend hunter, require a time teller with a personality as colourful as your own. From feline faces to retro rubber, go bold or go home. ▶



£185, Skagen



£59.99, Timex



£165, Mondaine



£135, Shore Projects

SCANDI MANIA

If you take a clean, minimal approach to fashion, who better to look to for watch-spiration than these Arctic arbiters of cool? Remember, functionality and efficiency are key, so forget decorative details and choose simple stainless-steel surrounds and cool utility straps instead.



£3,150, Tag Heuer 'Carrera Lady Quartz', Special Edition Cara Delevingne





THE ONE TO WATCH

What happens when the face of fashion teams up with watchmaking royalty? Well, the Tag Heuer 'Carrera Lady', as it happens. The brand's most vivacious ambassador yet has inspired its latest range, and this black titanium timepiece, with a diamond bezel and carbide-coated steel bracelet strap, stirs up the need for a rebellious splurge in us all.

COMPILED BY DEBI SIMPSON. PHOTOGRAPHS BY IMAXTREE, JASON LLOYD-EVANS. STILL LIFES BY NOHALIDEDIGITAL.COM



£119.99, Seksy



£380, Folli Follie





£575, Gc



£305, Thomas Sabo



£395, Links of London



£339, Emporio Armani



£165, Pocket



£319, Swarovski

THE LADY

Ladylike elegance makes its way from runway to wrist, as perfectly prim watches reflect the bygone aesthetic. Rose gold, gold and silver all get the diamond treatment, and slinky bracelet straps come intertwined, circular or square.





£129, Guess



£125, DKNY at House of Fraser



£115, Radley

FASHION EXPLORER

Feel happiest in hiking boots and a military coat? Your best accessory (apart from a compass, of course) has arrived. This new fleet of heavy-duty watches, with suave leather straps and smart-looking dials, are a move on from last season's diving watches, and the only travel companion you'll need. ■





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Boots, Dorothy Perkins
£45

Bag, Mango
£24.99

Jacket, ASOS
£65

Skirt, Zara
£39.99

Belt, Stradivarius
£5.99

Shirt, Goldielondon.com
£39

Shoes, French Connection
£95

Skirt, Miss Selfridge
£35

UNDER £100

SCALE IT UP

This season's wildest print has serious bite. Hit up on these faux snake charmers for a seductive edge

STYLED BY DEBI SIMPSON. PHOTOGRAPHS BY JASON LLYOD-EVANS, REX FEATURES. STILL LIFES BY NOHALIDEDIGITAL.COM



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FASHION GIRL PROBLEMS

EVEN FASHION EDITORS HAVE STYLE DILEMMAS. THIS MONTH DEBI SIMPSON PONDERS

HOW TO WEAR CROPPED TROUSERS



Debi Simpson
Fashion assistant

SUMMER SAW US EMBRACING THE thoroughly 60s silhouette of the miniskirt. This season, cropped trousers dominate, and you won't be forgiven if they're not perfectly shin-scraping or ankle-grazing. At 5ft 7in (5ft 8in on a tall day) I find cropped lengths really flatter, but getting my hands on a pair to sit just where I need them to can be an impossible task.





4



5



6



PRADA



MARGARET HOWELL



7

CUSTOMISE

If you have your sights set on cropped denim, head to Donna Ida, where denim specialists offer an alterations service tailoring your favourite jean to your perfect length. For cool-girl points, go for a boot-kick – choose the 'kitty' jean and take it just above the ankle with the hem raw and slightly frayed.



1



2



3

WORK IT

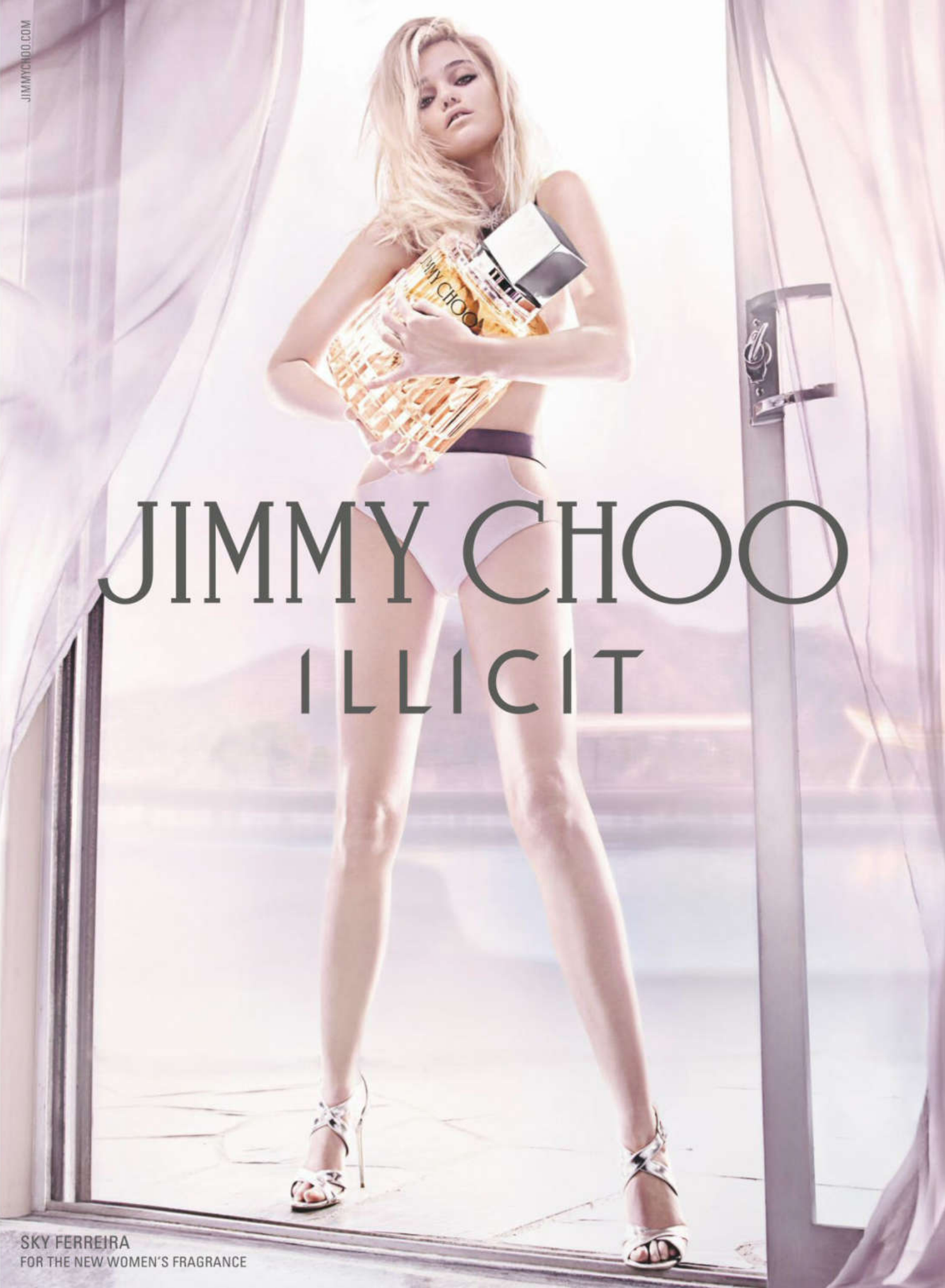
You can wear cropped trousers to the office, just choose the right fabric. For wide-leg styles, a heavy-duty material such as wool will look scholarly – Isa Arfen's Harris tweed offering is ideal for tall girls. Also consider your footwear – your shoes are on show more than ever. Hate exposing your ankles? You're covered. AW15 is all about the calf-length boot. For evening, a satin trouser looks great with lattice-detail sandals. Prefer a skinnier style? Find a pair with a centre crease and make them slick ankle-burners. Team with brogues, a slouchy knit and an oversize clutch.

FIND BALANCE

I've done my research on how cropped trousers fare for petite girls. Take your cue from Prada and choose a slimmer style with boots of the same shade to give the illusion of length. For wide-leg styles, seek out a high waist, so the inches lost from the length are made up. A cropped jacket that sits where the waist begins will balance out proportions. Keep your top half fitted. A turtleneck will help elongate your silhouette.

1. Boots, **£680**, Casadei **2.** Top, **£70**, Topshop Unique **3.** Trousers, **£675**, Isa Arfen **4.** Jeans, **£175**, Ida by Donna Ida **5.** Waistcoat, **£140**, Marella **6.** Shoes, **£250**, LK Bennett **7.** Trousers, **£125**, Gant

STYLED BY DEBI SIMPSON. PHOTOGRAPHS BY JASON LLOYD-EVANS. STILL LIFES BY NOHALIDEDIGITAL.COM


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STEAL
SPLIT DECISION
SKIRT, £75, French Connection; sweater, £305, Toga at Matches fashion.com; roll-neck sweater, £14.99, Lindex; shoes, £490, Marni; bag, £129, Radley; ear cuff, £40, Jane Konig Jewelry; earring, £89 (for pair), Thomas Sabo



SPLURGE
IN THE NAVY
SKIRT, £865, Nina Ricci at Matchesfashion.com; sweater, £135, COS; shirt, £79, Jigsaw; earring, £48 (for pair), Pernille Corydon

3 WAYS TO WEAR...

WRAP SKIRTS

Return to the fashion fold in this chic separate. Just add tassels for a twist

Photographs by **CHRISTOPHER FENNER**
Styled by **ABISOYE ODUGBESAN**



SPREE
FRINGE BENEFITS
SKIRT, £369, Maje; coat, £75, Topshop; shirt, £270, Zadig & Voltaire; earring, £149 (for pair), Sif Jakobs; clutch, from a selection, Eddie Borgo; rings, from £40 each, from a selection at Wolfandbadger.com

HAIR BY FABIO NOGUEIRA AT FRANK AGENCY USING SACHAJUAN. MAKE-UP BY KRISTINA RALPH ANDREWS USING LAURA MERCIER. MODEL: KAROLINA LULA AT THE HIVE. LOCATION: THE RUSSIAN CLUB STUDIOS


LANVIN


STELLA JEAN

TASSEL TIME

We wouldn't normally suggest stealing the ties from your mum's curtains but, actually, it's a damn good idea. We're totally obsessed with upholstery tassels after boho theatrics took over the runway. Get down to John Lewis and attach as many as your sewing skills will allow, to *everything*.



FASHION DETAILS

HOT IDEAS AND CHIC LOOKS FOR AN INSTAGLAM WARDROBE

1. *Sweatshirt, £385, Cats Brothers*
2. *Bag, £49, East*
3. *Bracelet, £15, Accessorize*


ROLAND MOURET
JONATHAN SAUNDERS
ROKSANDA
MARA HOFFMAN
MISHA NONOO
THAKOON

ROLL WITH IT

Unsure how to restyle your staple midi-dress for autumn? Panic not: throw on a roll-neck underneath and it'll be good to go. Roksanda and Thakoon showed high necks, and we're especially partial to a metallic knit.


GIVENCHY
MARIA FRANCESCA PEPE
ACNE

RING LEADERS

Nose piercings are having a major moment, but if you're not great with needles, look to the AW15 catwalk models who rocked falsies with serious style.

LUST ITEM

Embroidery and pom-poms have dominated the catwalks, making this crafty number the chicest arm candy around. Direct from the Chanel Métiers d'Art collection in Salzburg, Austria, ladies, welcome it to your wardrobe with a warm *guten tag*.


Bag, **£5,375**, Chanel

COMPILED BY HANNAH LEWIS. PHOTOGRAPHS BY IMAXTREE, JASON LLOYD-EVANS. STILL LIFES BY NOHALIDEDIGITAL.COM



KAREN MILLEN

TWELVE PORTRAITS FOR AW15

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Moncler's designs in the mid-80s

'I've always been fascinated by the house's heritage,' says Ruffini. 'For over 60 years, it has been making duvet jackets – they were worn by K2 summit climbers in 1954, and by the French ski team for the Winter Olympics in 1968.'


Giambattista Valli's riding hat for Gamme Rouge

MONCLER GAMME ROUGE 'Giambattista Valli has a unique way of mixing couture silhouettes with sporty elements,' says Ruffini of the collection's designer. 'AW15 was inspired by British traditions like Scottish tartan and Prince of Wales check, made contemporary with feminine shapes.'


MONCLER GAMME ROUGE AW15

Remo Ruffini: the man behind the brand

STYLE SPOTLIGHT
MONCLER

MALE MODELS SKATEBOARDING DOWN THE catwalk in gorilla suits, girls in a giant chocolate box… Moncler's spectacular Fashion Week presentations have certainly dragged sportswear into the fashion arena. But how did a French outerwear company, founded in 1952 in Monestier-de-Clermont, near Grenoble, become one of the industry's coolest labels? 'When I took over in 2003, I wanted to create the ultimate duvet jacket, an iconic piece to be worn by everybody for every occasion,' says Remo Ruffini, the brand's president and the mastermind behind its fashion takeover. Now, with the likes of Rihanna and Pharrell Williams whipping on their Monclers when the temperature drops, he's definitely succeeded. 'The winters can be very harsh in Como [Italy], where I grew up. As a teenager, I was always cold riding my scooter, so I bought my first Moncler jacket,' Ruffini recalls. There are now three collections: Grenoble (skiwear); Gamme Rouge (the catwalk range designed by Giambattista Valli); and the main outerwear and accessories line.

This month sees the launch of a fashion-fabulous collaboration, Art for Love, with legendary photographers shooting their own take on the classic 'Maya' jacket, to be auctioned off for amfAR, the foundation for Aids research. Here, Ruffini tells all…

Jacket, **£700**

Coat, from a selection

Skirt, from a selection

Boots, from a selection


Shooting the AW15 campaign

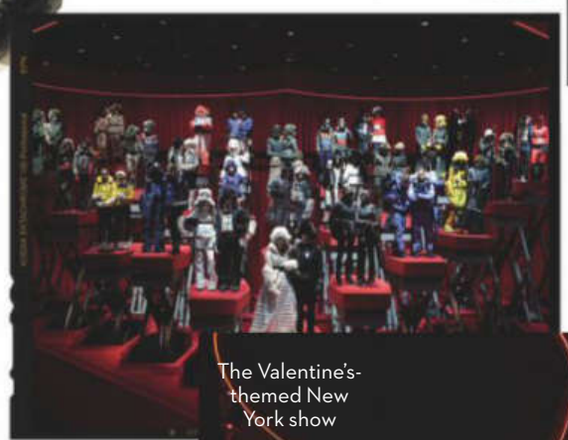
MONCLER GRENOBLE AW15

Coat, **£1,225**

Jacket, **£1,710**

'Maya' jacket, **£700**

MONCLER GRENOBLE
'I wanted something with strong emotional impact for the AW15 show in New York, which was on Valentine's Day,' says Ruffini. 'Guests took a boat to a warehouse in Brooklyn, where the central hall had a giant box-shaped heart. The lid opened to reveal 25 couples. At the end, the couples kissed and guests were singing – truly magical.'


The Valentine's-themed New York show


PAOLO ROVERSI

ART FOR LOVE
'The "Maya" is the iconic Moncler piece,' says Ruffini of the company's classic jacket, hand-filled with French down feathers. He persuaded an army of A-list photographers, including Paolo Roversi, Raymond Meier, David Bailey, Steven Klein, Bruce Weber and Annie Leibovitz, to shoot it their own way, with the results to be auctioned for amfAR.

'For the last three years, we've supported amfAR's Benefit Gala during the Cannes Film Festival,' says Ruffini. 'An exhibition about love, with such an important goal, could only be a collective. I love all the photographers in this exhibition, they're the very best.'


RAYMOND MEIER


DAVID BAILEY


STEVEN KLEIN

Items available from Moncler.com.
View the Art For Love exhibition on paddle8.com.

WORDS BY JOSIE AYRE. PHOTOGRAPHS BY ALAMY, DAVID BAILEY, PAOLO ROVERSI, RAYMOND MEIER, STEVEN KLEIN. STILL LIFES BY NOHALIDEDIGITAL.COM

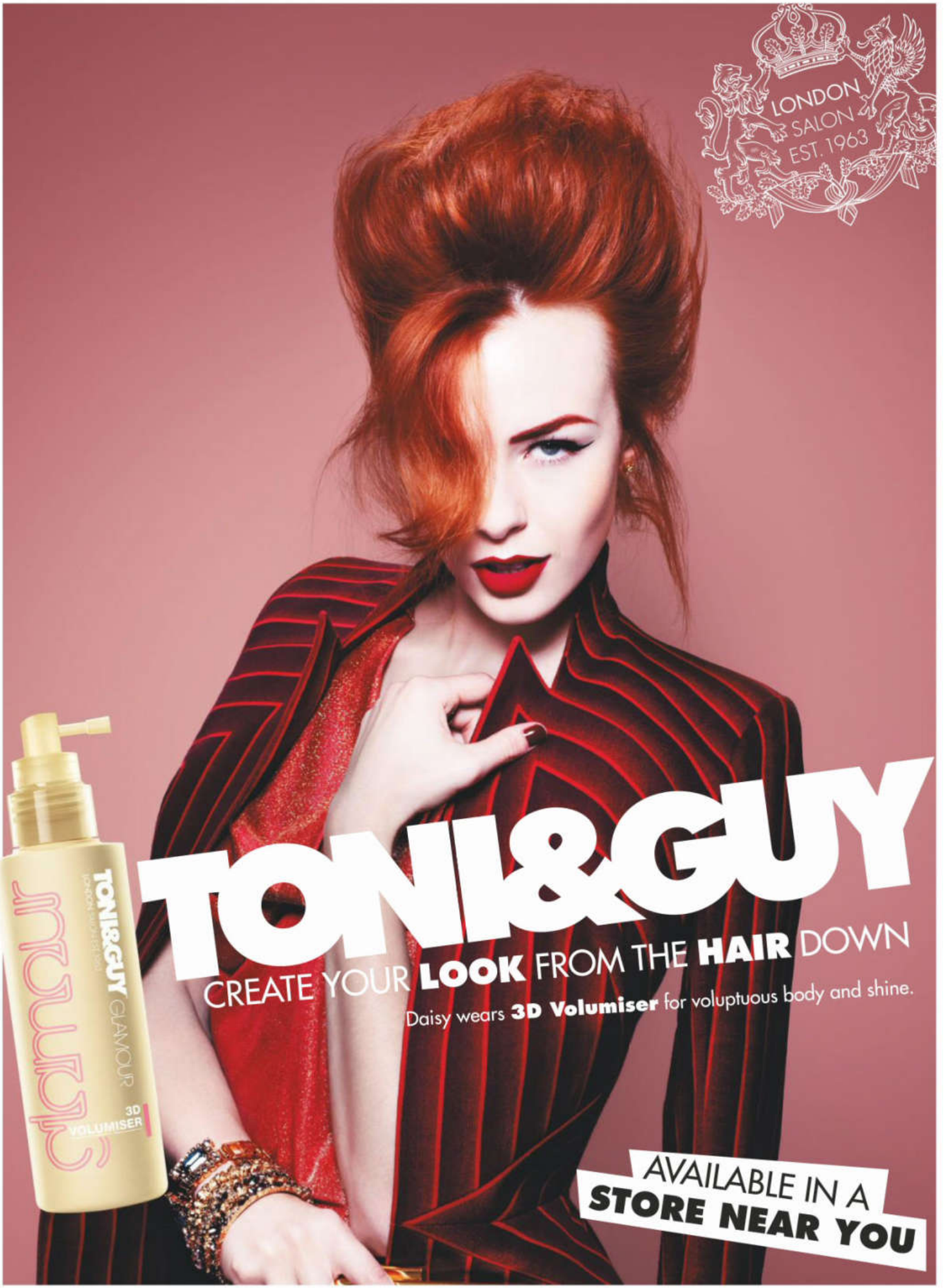
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Shoes, **£28**, Next

DROPS IN STORE **28 Sept**



Sweater, **£130**, Warehouse



Seasonal sparkle is essential. Whether layered over a black skinny roll-neck or paired with a great evening gown, this necklace will steal the show.

Necklace, **£16.50**, Dorothy Perkins

MID-SEASON MUST-HAVES

Elbows at the ready, people: AW15's hottest transitional pieces are coming to a high street near you, and they're ticking *all* the right boxes. Here's our pick of the hero buys



Coat, **£495**, Marc Cain

The humble camel coat makes its return. The 2015 version is double breasted with minimal fastenings.



DROPS IN STORE **27 Oct**

Trousers, **£69.50**, Banana Republic



Bag, **£199**, Hobbs



Shoes, **£120**, Kurt Geiger



Dress, **£45**, Very.co.uk

DROPS ONLINE **26 Oct**

An oldie but a goodie, the saddle bag is a wardrobe staple. We heart this grown-up version.



Bag, **£30**, Clarks

DROPS IN STORE **12 Oct**



Jacket, **£160**, French Connection



Skirt, **£145**, & Other Stories



Cuff, **£15.99**, Zara



Boots, **£225**, Dune



Coat, **£149**, East



Dress, **£84**, Glamorous.com

DROPS ONLINE **22 Sept**



Skirt, **£149**, Boden



DROPS IN STORE **5 Oct**

Blouse, **£44.99**, Mango

Lace gets a tough update for the new season, but that doesn't mean you have to go gothic. Opt for 3D lace in autumnal shades for a modern take on the trend.

Bag, **£305**, DKNY



COMPILED BY LUCIA DEBIEUX. PHOTOGRAPHS BY JASON LLYOD-EVANS, IMAXTREE. STILL LIFES BY NOHALIDEDIGITAL.COM



ELIE SAAB

LE PARFUM



101 IDEAS

TAILOR MAID

Slouchy separates and a muted palette – get your winter wardrobe all sewn up with a softer take on tailoring

Photographs by EZRA PATCHETT Styled by DES LEWIS

Sweater, **£350**, Equipment at Fenwick; kilt, **£440**, Le Kilt; earrings (worn throughout), **£210**, Katrine Kristensen



Sweater, **£295**, A-Line by Jigsaw; trousers, **£75**, Atterley



Shirt, **£28**, River Island



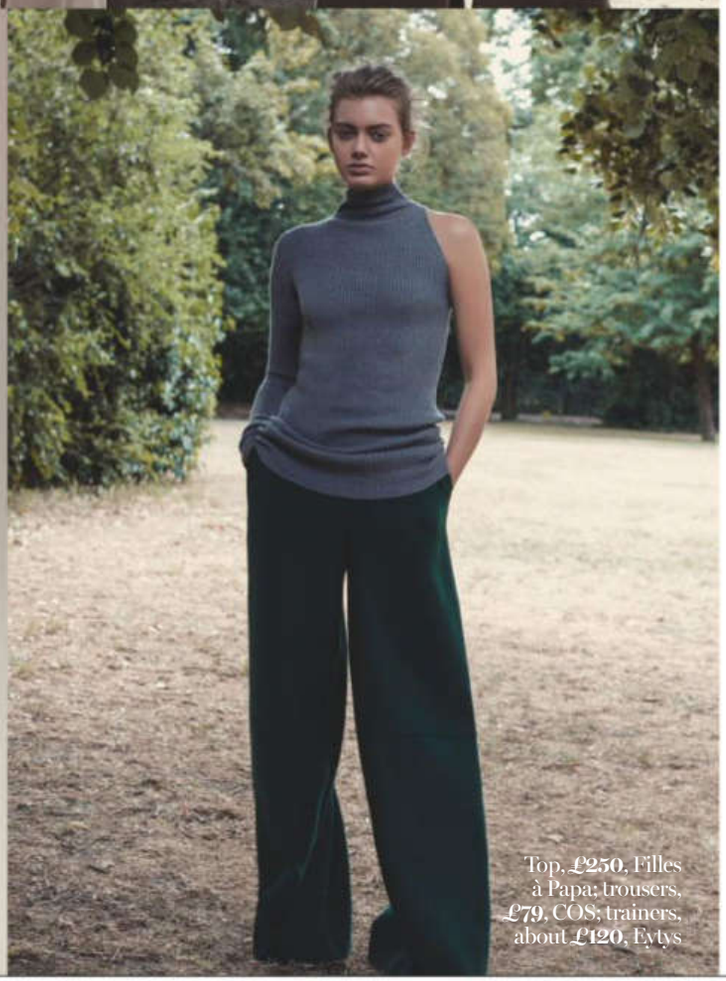
Sleeveless jacket, **£182.25**, Risto; sleeveless shirt, **£28**, River Island; kilt, **£465**, Le Kilt; shoes, **£335**, Church's



Jacket, **£179**, Jigsaw; trousers, **£99**, COS



Jacket, **£305**, Bimba y Lola; sweater, **£185**, Isabel Marant Etoile; shirt dress (just seen), **£95**, Gant



Top, **£250**, Filles à Papa; trousers, **£79**, COS; trainers, about **£120**, Eytys



Sweater, **£49.99**, H&M Studio; skirt, **£452**, Suno; shoes, **£365**, Robert Clergerie

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Sweater, **£523**, Toga Pulla; skirt, about **£549**, Rejina Pyo; shoes, **£335**, Church's



Jacket, **£225**, Comptoir des Cotonniers; sleeveless sweater, **£190**, Dorothee Schumacher; trousers, **£245**, Atea Oceanie



Dress, **£115**, COS; trainers, about **£120**, Eytys



Top, **£200**, Stills; trousers, **£165**, Filippa K

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Coat, **£360**, Self-Portrait; sweater, **£210**, Isabel Marant Etoile at Liberty; trousers, **£42**, River Island; shoes, **£335**, Church's



Jumpsuit, **£280**, Gerard Darel; shoes, **£335**, Church's

HAIR BY CHOCCY AT ONE REPRESENTS USING REDKEN (REDKEN.CO.UK). MAKE-UP BY JULIE JACOBS AT ONE REPRESENTS USING BOBBI BROWN. MODEL HANNA VERHEES AT VIVA LONDON

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Earrings, **£24.99**


Ring, **£12.99**



Shoes, **£120**


Olivier Rousteing mines his Balmain archives for inspiration







HAUTE ON THE HIGH STREET

As Olivier Rousteing and his #BalmainArmy bring the couture house's trademark armour to H&M, the designer (whose clients-turned-BFFs include Rihanna) talks us through his range



COMPILED BY CAROLINE LEAPER.
PHOTOGRAPHS BY KACPER KASPRZYK



'I immediately knew what I wanted to do with this collaboration. It's about giving a piece of Balmain to the whole world. My Instagram followers are always telling me exactly what they like from my shows, and what they dream of wearing, so I wanted to give them that collection.'

'One of my favourite pieces is the embellished velvet blazer [left] that my friend Kendall [Jenner] wore to the Billboard Music Awards. It shows the richness of Balmain. You can wear it as a blazer or, like Kendall, as a dress.'

'All of the elements that make up the powerful Balmain silhouette are in this collection. I looked at everything I've achieved since I became creative director [in 2011]. The intricacy of the embellishment, the strong-shouldered tailoring... finish your look with the high-waisted belt, and you are totally Balmain.'

'It was amazing to announce the collaboration on the red carpet with my friends Kendall and Jourdan [Dunn]. I had been keeping it secret for so long, no one could believe we were wearing pieces from the collection already.'

'I was more excited to tell people I was working with H&M than I am when I unveil my own shows. It took me back to being a teenager, shopping at H&M to discover myself through fashion, and also to when I was 18 and went to work at Roberto Cavalli while he was collaborating with H&M. It really feels like a huge achievement for me.'

'I knew that we needed a special hashtag, #HMBalmaination, to celebrate. I'm the boss of the hashtag, and I check it every single day. I want everyone to take pictures in the queue outside the store, in the changing room, at the till, and to show me just how they are wearing the pieces in their own way. And when it all sells out, I'll celebrate with a selfie, of course!'

Balmain x H&M is available in stores and online from 5 November.


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GET THE LONDON LOOK

MARIE CLAIRE GOES SHOPPING

Temptations come in tens: think boots, think bags, then meet this month's hero buys

1. #MARIE CLAIRE LOVES

Take your pick from Dior's Rose des Vents jewellery range, which is inspired by Christian Dior's love of roses and stars – symbols that he used throughout his collections.

Gold, turquoise and diamond 'Rose des Vents' bracelet, **£1,150**, Dior Joaillerie



2. FRENCH FANCY

Ooh la la! Parisian house Paul & Joe is opening a new store on London's Bruton Street this month.

3. DESIGNER FINDS

John Lewis has launched 'Found' – a new boutique shopping concept showcasing fresh, contemporary brands. Expect to see the likes of BZR by Bruuns Bazaar, Samsøe & Samsøe and Des Petits Hauts. Just what we've been looking for.





4. MONO MANIA

If you're as monogram mad as we are, get to the Scarf Bar at Burberry, where you can choose from more than 30 scarf colours and have up to three initials monogrammed in different shades. OMG! It's got your name written all over it.

Monogrammed scarf, from **£385**, Burberry Prorsum



'Amisfield' coat, **£399**, Hobbs

5. THE BRIT HIT

The best of British fashion meets the bastions of UK fabric innovation in Hobbs' latest capsule collection. The leading high-street label has teamed up with four iconic fabric houses for AW15. We're in love with the 'Amisfield' coat. ▶

6 to 10

6. SOFT SOLES

Meet the 'Classic Luxe', Ugg's new slimline silhouette, featuring luxurious merino wool twin-face shearling. It's like a hug in a boot.



'Abree' boot, **£220**, Ugg

7. SUNDANCE KID

Largely inspired by the Wild West, the AW15 Bimba y Lola collection is pretty hot. Yee-haw!



Dress, **£200**; boots, **£230**; hat, **£90**, and bag, **£135**, all Bimba y Lola

8. A REAL GEM

Add some much needed glamour to your winter wardrobe with this statement Swarovski necklace. #Standout.



'Dark' necklace, **£695**, Swarovski

9. DENIM BY NUMBERS

Move over 501s: the new Levi's 'Lot 700' collection boasts a super-skinny fit (710), skinny (711) and leg-lengthening bootcut design (715), among *many* others. Plus, each style comes in a range of washes – jeanius.



'710' super-skinny fit jeans (left), **£80**, and '711' skinny jeans, **£95**, both Levi's

10. TOTES AMAZE

Ralph Lauren's new-season 'Tiffin' bag has caught our eye... for *obvious* reasons. ■

Small 'Tiffin' bag in Mushroom, **£1,255**, Ralph Lauren

COMPILED BY TANYA PHILIPSON

EXCLUSIVE GIFT FOR **marie claire** READERS

L'Occitane Shea Sweet Comfort Collection

Free with any £15 L'Occitane purchase*



IT'S TIME TO SOOTHE AWAY THE WINTER blues and indulge in your favourite, intensely nourishing and protecting shea butter must-haves. This month, to celebrate our exciting free cover gift, we have joined forces with L'Occitane to offer all *Marie Claire* readers the Shea Sweet Comfort Collection, including two hand creams, two lip balms, travel nail files and pouch, together worth £11, free with any in-store or online purchase of £15 or more.

The set comprises limited-edition hand creams and lip balms in a delicate rose scent and classic shea fragrance. L'Occitane's hand creams are world famous and made with 20 per cent organic shea butter, which helps protect and nourish dry skin. And you can kiss dry, chapped lips goodbye this winter with the certified-organic lip balms, made with 10 per cent shea butter for a super-soothed pout. Pucker up!

HOW TO CLAIM

Present this completed voucher at your nearest participating L'Occitane boutique, or shop online at loccitane.co.uk and enter the promotional code SHEAMC when prompted. Valid until 31 October 2015.

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Terms & conditions The offer is valid until 31 October 2015. *Offer entitles the bearer to a free Shea Sweet Comfort Collection with any purchase over £15 at L'Occitane boutiques in the UK and Ireland and online at loccitane.co.uk. Offer not valid in Bicester Village, Gunwharf Quays, Cheshire Oaks, Kildare Village, department stores, airport stores or any other L'Occitane stockists. Offer cannot be used in conjunction with any other offers and cannot be exchanged for cash. Only one voucher per customer. Photocopied, damaged, defaced or incomplete vouchers will not be accepted.

L'OCCITANE EN PROVENCE



Ah, Resort – once no one had heard of you, but now your shows are stealing all the limelight with their spectacular sets. Exhibit A: Dior's Bubble Palace backdrop, 'Le Palais Bulles' in the Cannes hills

IT'S THE AW15 RESORT REPORT!

IS YOUR WINTER WARDROBE LOOKING A BIT, WELL, WINTRY? FEAR NOT: THE RESORT COLLECTIONS HAVE LANDED. JESS WOOD REVEALS THE HOT NEW TRENDS AND STYLING TRICKS YOU NEED RIGHT NOW



1. SEXED-UP STRIPES

These aren't your run-of-the-mill nautical stripes, oh no. Whether in sequins at Sonia Rykiel, taffeta at House of Holland or clashed at JW Anderson, these are statement stripes, guaranteed to give your look a sartorial shot in the arm.

2. HOT NEW HEMS

Maybe it's the 70s mood, or maybe designers just want us to be comfy (too kind). Either way, take your pick from statement jeans aplenty. ▶

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3. GET RUFFLED

They were on sleeves, they were on hems, they were on necklines... they were even on flares (hell yes, Rosie Assoulin). These are ruffles, OTT style – giant and asymmetric.

4. PILE-IT-ON LAYERING

Thank Gucci's Alessandro Michele, whose quirked-up combos and multi-layered styling got everyone talking after his autumn/winter debut. Come Resort, the effects are being felt everywhere – and the best bit? Easily achieved with a few choice pieces and your existing wardrobe. So, fashion fans, why don't you...


MARNI

...put a skinny roll-neck under a tunic

ROSIE ASSOULIN

...wear a cropped jacket over a long shirt

GUCCI

...pop a pussy-bow blouse under a sweater

MIU MIU

...layer a short-sleeved shirt over a long-sleeved one and add a cut-out dress on top


CHRISTOPHER KANE

5. CABLE VS CHUNKY

Christopher Kane's cropped cable cardies were worn atop silky pencil skirts, while Chloé's nubby knits were layered under denim dungarees. Either way, they need to be old school enough to have a just-knitted-by-your-gran vibe. But less scratchy, obviously. ▶


CHLOE



NEW SEASON



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Calida £89.95

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Louis Vuitton's Palm Springs trip – held at Bob Hope's former estate, a 23,366 sq ft house designed by John Lautner to resemble a volcano – had the small added bonus of panoramic views across Coachella Valley



6. STYLE IT 70S

It's the trend that just keeps on trending. For Resort, the 70s is all about graphic wallpaper patterns in tobacco colourways, or flowing Stevie Nicks-esque maxi dresses. At least you'll be getting good use out of those chunky platforms for the foreseeable future.



7. THINK PINK

From light blush through to blinding Pepto-Bismol, pink – aka the quickest way to give your wardrobe a spring wake-up call – is having a moment. We love it teamed with turquoise accessories à la Christopher Kane. ▶



8. BUY A BOMBER

Put your boyfriend blazer on time out and invest in the hottest new cover-up. Every designer worth their model board has done one – Emporio Armani's cropped version (above) is top of our list.



9. FLORALS GO FOLKLORIC

Blooms in winter – it can all go a bit Carol Vorderman on a cruise, or make you look like you're in season denial. Thankfully, this time it's all about a darkly beautiful gypsy vibe – delicate florals in deep colours on black backgrounds. See Erdem, Alexander McQueen and Valentino.



'I'll be embracing pleats, as seen at Christopher Kane, Valentino and Dior. A pleated skirt feels fresher than winter's heavier styles, but looks fantastic layered up with a chunky knit and ankle boots.' ELLA CATLIFF, *LA PETITE ANGLAISE*

'One thing that really caught my eye is pastel accents in otherwise neutral silhouettes (see Acne Studios). It's a good way to dip into these colours without being too saccharine and girlie.' LAETITIA WAJNAPEL, *MADEMOISELLE ROBOT*

10. WORK RESORT RIGHT NOW

Our favourite bloggers give us their takeaway tips for an instant wardrobe revamp



'Denim is one of my favourite trends, especially frayed hems, à la Marques'Almeida. Get crafty with scissors and cut your jeans so the hem falls asymmetrically over a heeled boot.' CAMILLE CHARRIERE, *CAMILLE OVER THE RAINBOW*

'Trouser suits are my favourite; they're the perfect every-event outfit. I wear mine with a tee or a light cashmere knit, a statement necklace and a clutch.' ■ PEONY LIM

COMPILED BY JESS WOOD. PHOTOGRAPHS BY GETTY, HOLLY MCGLYNN, CAMERA PRESS

ACCESSORIES: THE FIVE MOST-WANTED



1. Sculptural heels

£585, Charlotte Olympia



2. Backpacks

£1,020, Fendi



3. Scarf straps

£3,200, Christian Dior



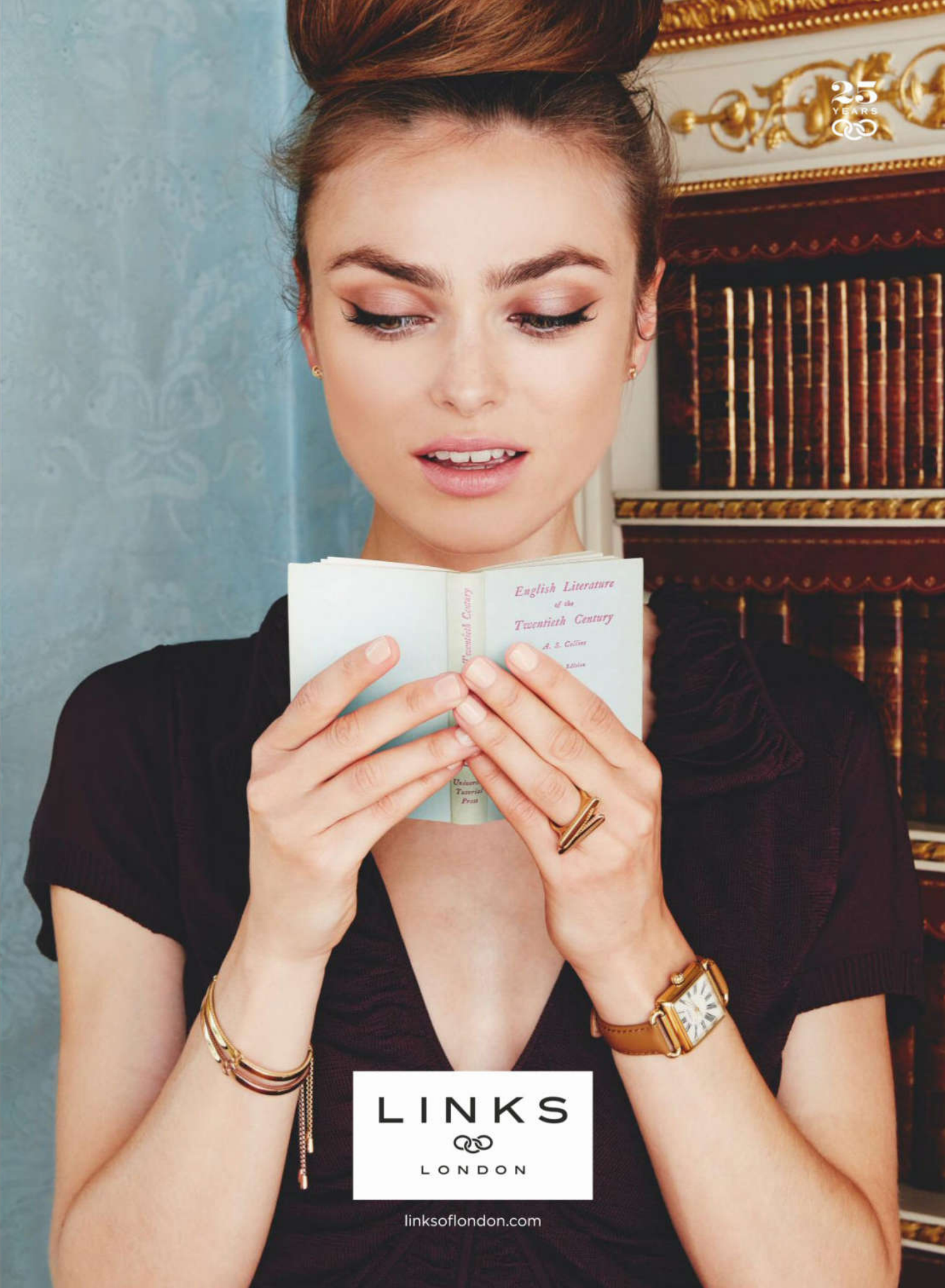
4. Gladiator sandals

£305, Peter Pilotto X Ancient Greek Sandals at Net-a-porter.com



5. Cluster necklaces

£1,620, Louis Vuitton


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THE ART OF BEAUTY

It's a match made in glamour heaven. Maverick photographer Steven Klein and François Nars, visionary creator of Nars Cosmetics, talk exclusively to *Marie Claire* about their fabulously surreal collaboration

Interviews by **ANITA BHAGWANDAS**

BEAUTY EDITORS FROM ACROSS THE GLOBE ARE gathered in anticipation, teetering on white gravel outside a decrepit mansion in Yonkers, a sleepy town an hour outside of Manhattan. There are already signs that the Nars X Steven Klein collaboration is going to be memorable. We're late going in, which means something big is about to go down, and there are handsomely attired male models loitering, so we suspect they'll be involved in the evening in some way. That way, it later transpires, is as a topless visual installation, with the models clad only in underwear and high heels. In one area of the imposing house, a waterfall of stairs leads to a room showing a film of actress Juliette Lewis covered in glitter, moving robotically. In another room, a video is playing of a female model crushing a toy car with her (very high) heel, loudly. It's not your usual beauty launch, because this is not your usual collaboration. It's a meeting of visionaries – which is precisely what Klein and Nars are. So, over to them… ▶



François Nars: 'I like the madness of the horse in the pool with this image. I love Steven's abstract world – there's always something chic and elegant. I want to have his images on my wall, and I want to look at them. Everything is well thought out and sophisticated.'



Steven Klein: 'I shot this story at Richard Branson's Virgin Galactic site in the Mojave Desert. It's the first commercial spaceship to the moon, and we used the place as the setting for an alien abduction.'





Steven Klein: 'Make-up is essential on a shoot, and I have to understand what the lens sees, as certain technical aspects read differently on camera. As a photographer, you learn to see through the eyes of a camera, not your own.'

François Nars: 'I met Steven many years ago, and really adored his work. I saw him growing into the artist he's become today, pushing himself to the creative limits to get those fantastic images. It's a dream to collaborate with him.' ▶





François Nars: 'We have the same aesthetic, and we both love make-up. It's an important element in Klein's photographs, and obviously to me, too.'



Steven Klein: 'Sometimes ideas come when you're in the shower, or at the gym; ideas come in all kinds of ways. And they can come from an article based on surgery or botox, too.' ■

The new Nars collection launches on 1 November 2015

IMAGES BY NARS COSMETICS/STEVEN KLEIN. VISIT NARSCOSMETICS.CO.UK


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WORKED ALL THEIR LIVES. NEVER BEEN PAID

Until last year, these Tanzanian gold-mine workers received food, not money, for their labour. Fairtrade has changed all that. *Kiara Keane* reports on the difference it has made

It's 11 o'clock on a Monday morning and Theresia Elias, 39, is not long into her shift. Clouds of dust rise up into her face as she hammers, blow after blow, on to a giant lump of unprocessed gold ore, sweat glistening on her forehead. A few metres away, her colleague Rebecca yawns in the sunshine – checking every so often for the next delivery of ore to be sent up from the mine below. They both look tired – shifts often last hours at a time and require an eye-opening degree of physical strength. But lunch is only a couple of hours away. And at the end of the day, they'll take home enough money to pay rent, provide food for a family of eight and save for the future. ▶


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WORKABLE HOLD
CREATION HAIRSPRAY
PROFESSIONAL QUALITY
PASS
BACK
STAGE
READY
"Catwalk-ready hair,
now the world is
my runway."
NEW RUNWAY COLLECTION
CREATION HAIRSPRAYS
A salon-quality collection
created by experts for
invisible, workable hold.
Get inspired:youtube.com/TRESemmeUK
TRESemmé
PROFESSIONALS. AT YOUR FINGERTIPS.

For the 92 employees at Nsangano gold mine in Nyarugusu, Tanzania, the days might be long, but they've been an even longer time coming. After all, up until a year ago, they were paid in food – not money. Known as 'subsistence workers', the women toiled in fields and kitchens in exchange for scant portions of maize, fruit or flour. When the bills came in, the food had to be sold, leaving them without even that. 'I used to work as a cook nearby in Geita town, but even then, I wasn't able to feed my six kids,' says Theresia. 'Since I started working here last year, they haven't missed a meal.'



New regulations mean the women can work safely and responsibly

It's a big deal. In 2013, £63 billion was spent on gold jewellery across the world, but the mostly male miners in Tanzania are lucky if they earn 65p per day. In fact, just down the dirt road, a non-regulated mine paints a depressing picture of what life is like for many of Theresia's peers. We're not allowed past the gates, but even from where I'm standing it looks to be in disarray. I can't see a single fluorescent jacket, and children are everywhere.

'Until a couple of years ago, we were mining without any kind of protocol. We didn't keep any records, didn't have the right equipment, we were using child labour and we weren't mining responsibly,' explains Renatus Nsangano, 33, whose eponymous mine is the first to receive Fairtrade accreditation in Tanzania. 'I knew this would benefit us greatly, but it's changed everything in a big way.' His ambition doesn't end there – Nsangano mine is only 1,100 metres in size, but it already produces more than 12kg of gold per year, and he's hoping to raise enough money to start a nursery, meaning employees wouldn't have to worry about childcare when they're at work.

Tina Mwasha, Tanzania's first and only female mineral processing engineer, agrees. She has been working with Fairtrade Africa for three years to ensure the mines follow procedure. 'I come to Nsangano at least once a month to see how the staff are doing and to make sure their methods are up to date,' she tells me. 'I have a master's degree from the UK, but I had to work very hard to get the miners to trust me and see me as their equal. Now, if there are any issues, they come straight to me.'

But for women like Rebecca, earning money doesn't just mean life is easier. It means that for the first time, at 21 years old, she can think about life beyond the mine, too. 'I used to be a farmer, but I earned no money,' she tells me. 'Now, I'm being paid for the first time, and I can finally have goals. My dreams have definitely got bigger.' She's going to become a fashion designer, she says. And she's already started saving up for a sewing machine.

Fairtrade Africa is working with CRED Jewellery and Hockley Mint to supply Fairtrade gold and Fairtrade jewellery to the UK (fairgold.org).



THE FUNERAL FAKERS

In a bid to counteract South Korea's soaring suicide rates, 'well-dying' courses are the latest thing in the country's self-care. From publicly reading your own eulogy to spending 30 minutes in a coffin that's been nailed shut, the six-week courses are thought to give those at risk of committing suicide a fresh outlook on life. Participants can even ask for their family members to sob as they're lowered into the ground.

THE POWER OF EMBARRASSMENT

A new wave of research shows that being left red-faced can actually be a good thing...



It gets us when we least expect it – starting with a burning sensation in our cheeks and ending with our inner monologue hissing, 'Kill me now.' But being embarrassed does have advantages. Scientists at the University of California, Berkeley, have found that while feeling humiliated suggests we feel guilty about our behaviour, this in turn shows we can be trusted. Even better, being embarrassed encourages others to empathise, because they see us as being honest and relatable. This explains why women like Mindy Kaling and Amy Schumer (recently dubbed 'an honesty bomb' following a series of cringeworthy antics), end up at the top of our 'famous people we want to be friends with' list.

'Embarrassment is often seen negatively because it's generally followed by feelings of remorse, but it shows that we're human', explains Dr Elle Boag, senior lecturer of social psychology at Birmingham City University. 'People think, "I've done silly stuff, too," and that can improve both personal *and* professional relationships.'

The thing to remember the next time you trip over or call someone by the wrong name? According to Boag, it's simple: just laugh about it before somebody else does. And, er, maybe invest in some heavy-duty face powder. ▶


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CAN YOU HAVE THE 'PERFECT' DIVORCE?

Women are now initiating 69 per cent of all divorces in Britain, but can it ever be pain-free? Divorce 'alchemist' *Emma Heptonstall* guides us through the process

Before walking out the door, make a list of things you want from your relationship. Revisit the list a day or two later, and highlight the things that are currently being met in your relationship. Then think about the things *you* are willing to do to achieve the other qualities on the list.

OK, I can change a few things.

Pfft. I'm not changing anything.

Spend a day talking in 'I' statements. Rather than saying '*You* keep going out at night and *you* don't tell me what you're doing', say, 'I feel hurt when I'm on my own all evening'. Nobody can challenge your experiences.

Stop asking your friends for advice, and stop feeling guilty about your children (if you have them). Instead, take yourself off for an afternoon on your own, away from everybody else, and think about what *you* want to do.

That worked. Hurrah!

That didn't work at all.

Yeah, I definitely want to go.

Ask him to do things differently but, at the same time, explain why you want them done. This will create a greater depth of communication, and make him feel needed, too.

Think about what you need, practically, if you want to leave. Do you know exactly how much money you have? Do you know how much the mortgage costs or what pension plans you both have?

Ooh, this is helping!

This isn't making a difference.

OK, I've done the maths.

Wail I still don't know what to do!

What is important to you in your life? Is it retaining the maximum access to your children? Is it staying in the same house? Is it keeping things amicable? Take time to assess your priorities before launching into it with your partner.

Done.

Oh, god. I've changed my mind. I'm not ready.

STAY. BUT BE AWARE OF YOUR OPTIONS

'You're not ready to call your relationship quits yet, but that doesn't mean you can't change your mind in the future, and if you do, that's OK. Talk to your husband openly, and work out whether any misery you're feeling is because of him, or because of you. If it's you, then that misery won't necessarily leave if you leave him. So give yourself the opportunity to feel happy in yourself.'

WALK AWAY WITH YOUR HEAD HELD HIGH

'I'm a great believer in #DivorceIsNotADirtyWord. For some married couples, things simply don't work out and, in those cases, it's always OK to leave. If you can honestly say that you've done your best to make it work, you've kept all communication channels open throughout, and you're thoroughly prepared for what comes after, then you shouldn't blame – or shame – yourself.'

GIVE YOURSELF A BREAK

'Right now, you don't know what you want, but that isn't a problem. Divorce shouldn't ever be a knee-jerk reaction, so think things through at your own pace. Talk to your partner, talk to a professional, talk to yourself. In the meantime, make sure you're fully aware of your financial situation – information is power, and being uninformed is the biggest mistake you can make right now.'

Wonder Woman



LAURIE COOPER

33, volunteer coach at Afewee Boxing Club, London

My inspiration

'When I saw a call on Twitter for volunteers to teach boxing to young people, I had to get involved. Afewee was set up in Brixton after the 2011 London riots to give young people something to focus on, and it's really important to the community.'

My motivation

'It is hard to get out of bed every weekend to work for free, but then I think of those who run the centre. One guy, Bobby, volunteers every day – that puts my time into perspective.'

My highlights

'I work with boys and girls aged between 11 and 16 from all different backgrounds. Over time, they become more confident in themselves and when they drop their guard and start smiling, that's amazing.'

My goal

'I'm a trained massage therapist and yoga instructor, so I hope to start volunteering in those areas, too. I get such a kick out of it. I'm not just helping others, I'm also helping myself.' ■

Volunteer at your local sports club at joininuk.org

WORDS BY KIARA KEANE, CORINNE REDFERN AND SARAH KWONG. PHOTOGRAPHS BY ANDYPILSBURY.COM; ROSE DUNNE, JEAN CHUNG, IMAXTREE


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MEET YOUR NEW CAREER MENTOR

THE FILM PRODUCER

Julia Nottingham, 32, is head of documentary at Pulse Films. She began her career as a runner on shows like *Banged Up Abroad* and C4's *Blackout*. More recently, she's worked on *The Possibilities Are Endless*, which premiered at the SXSW film festival last year, and *Arcade Fire: The Reflektor Tapes*







I'M ALWAYS THINKING ABOUT FILM, but I don't mind that. Every day I get to work with creative people who love it just as much as I do. As a producer, I'm focused on theatrical release films, so every time I read an article I'm thinking, 'Could this be a documentary?'.

BE PATIENT. Finishing a film is not rocket science but finding funding can be difficult: we're up against big Hollywood movies, so it's competitive. You might start out your career making tea and running errands but that passion is what will help you rise up through the ranks.

FIND A MENTOR IN EVERY JOB, because you always need someone who can offer a different perspective.

TAKE TIME OFF TO FEED YOUR CREATIVITY. Seeing your friends or going on holiday enables you to have the energy to do your work. Before I go to bed, I put my phone in a cupboard, otherwise I'll check my emails all night.

BUILD SOLID RELATIONSHIPS, I try to meet two or three directors a week. Most documentary directors make content for TV, which is great, but it's my job to encourage them to think big. It's challenging, because film and TV are such different landscapes. However, our BAFTA-nominated *20,000 Days On Earth* made it to the big screen, so all the hard work was worth it. Despite the difficulties, this is the job that I've always wanted.

HOW I MAKE IT WORK

FIRST THING
I make a cup of tea, then check my emails.



INSTA-LUNCH
A low-carb burrito box from Chilango.



WORKOUT
I do yoga twice a week and walk everywhere.



WORK WARDROBE
Paige jeans, H&M top, Converse.





SWITCH OFF
I watch American shows like *The Jinx* or read *The New Yorker* articles on my Kindle.

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INTERVIEW BY KIARA KEANE. PHOTOGRAPHS BY NATHAN PASK. ALAMY. HAIR AND MAKE-UP BY ALY HAZLEWOOD



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ALL THE SINGLE LADIES

Whether you're single by choice or circumstance, you run the risk of being 'single-shamed'. But what are the real pros and cons of being unattached?

IT'S A WEIRD WORLD. A RETIRED MALE AMERICAN ATHLETE CAN COME out as transgender, rename herself Caitlyn and we, naturally, defend her right to be who she wants to be. And yet a single woman in her thirties? *Her* lifestyle is likely to be raked over by friends, family and society in general. Is she too fussy? Does she even like men? What about children? Does she want to die alone, for god's sake? Despite the fact that almost half of all British women have never married, there's still very much a stigma attached to not being coupled up. And it doesn't end there. Try telling people that you actually do want to be in a couple, and chances are you'll be pitied and seen as a bit desperate. It seems unless you're already in a relationship, you'll be judged either way. But the reality is that being single is not such an unusual state of affairs – if you're aged 25 to 44, you're five times more likely to be living alone than someone 40 years ago. So, you're in excellent company…



'I'M SELFISH, BUT THAT'S OK!'

Lucy Vine, 31, hasn't been in a relationship for two years

'My grandmother is obsessed with me being single. When I saw her last week, I had four separate conversations with her about what is "wrong" with me and why I can't just settle down with a man who has a car (the car part is important). I don't mind – it makes me laugh. What ▶

doesn't make me laugh is that almost everyone I meet – who mostly don't have the excuse of being 89 – asks exactly the same questions and expresses the same disbelief that I am happier on my own.

'I've been boyfriendless for two years. My last relationship, of six months, ended in October 2013. He was lovely, but it was never going anywhere. And there was another on-off thing, but when he went travelling earlier this year, I was relieved.

'I've had long-term relationships – the longest was four years – but I've always found them a bit... overcomplicated. My life is so happy and easy as it is, and however great and soulmate-y things are with your partner, there are always arguments. But now I'm single, I can't remember the last time I fell out with anyone. I'm not living inside a yogurt advert, so I won't say taking long baths is something that fulfils me, but I love the simplicity of being on my own.

'I work long hours and have a busy social life. If I want to boast about achievements or be reassured that my boss is in the wrong, I can call my enormous, overbearing family (see previously mentioned grandmother), so loneliness has never been an issue. In fact, there's nothing I crave more than coming home, shutting the door and just getting to be me. I don't have to deal with anyone else's moods or problems. I can make spontaneous weeknight plans or decide to go on holiday or buy an ugly lamp without consultation. I'm incredibly selfish, but that's fine because who do I have to justify myself to?

'I'm not totally averse to being in a relationship one day. I do date, and sex isn't an issue. If I did meet someone amazing, then I hope I wouldn't run away from it, but I'm not sure I could do something totally conventional. Until recently, Helena Bonham Carter and Tim Burton were an inspiration – living in houses next door to each other – and though they've now split up, I still like that idea. I've lived on my own for five years and my space and independence are too important to give up.

'As far as children go, I'm very much on the fence. But I definitely wouldn't have kids without a partner, and it would need to be with someone amazing who was willing to do the nappy changing. To be honest, if a boyfriend is too much of a commitment, I think kids would be worse.

'The only aspect of being on my own forever that alarms me is the prospect of all those preconceptions from others. I don't mind the term "spinster" – there's nothing about ending up alone in a cardigan surrounded by cats that scares me. It sounds brilliant. But I hate the idea of being pitied, especially when it's a life I've chosen and feel happy about. And it does make me angry that this "single-shaming" is exclusively a female issue. No one's asking a man in his thirties to justify his life or questioning whether he's too picky. My older brother – also single – was in attendance last week, too, and got nothing but comments on how tall he is.'



'I ENJOY HAVING ANOTHER SOUL TO CARE FOR'

Olivia Palamountain, 30, has been single for two and a half years

'I've dreamt of a happily ever after for as long as I can remember, and my idealised vision of the future has always been non-negotiable: I see myself, my husband and our three children – two girls, one boy.

'From a very early age, we are fed fairy tales that show true love will always find a way. This Cinderella complex is further compounded by a very modern love myth – the soulmate. As seductive as this seems, the truth is that life gives no guarantees. At 30 years old, an age that seems to me a crossroads between the romantic past and future, I'm only too aware of this. With a couple of long-term loves behind me and a ribbon of ephemeral relationships, I'm currently single with no partner in sight.

'Not that I haven't looked. Like most people, I've dabbled in online dating. From the dude who came alive on text but turned out to be a dud in real life, to the guy that made me laugh but I just couldn't fancy, my experiences left me colder than any night alone could.

'I do know that I am only truly fulfilled when I'm in a relationship. It's not always easy to admit this. In fact, with the rise of new feminism, longing for a traditional set-up can feel like a betrayal of the modern sisterhood or at least as if I'm out of touch.

'However, I know that I am not alone in this desire. I have a number of single girlfriends, most of whom want to be in a relationship and are anxious about their future. The fact that these remarkable, beautiful women have yet to find a partner who truly appreciates them serves as another reminder that the universe is not required to deliver a Prince Charming to anyone.

'A recent date very nearly delivered. I'll cut to the chase – while every box was ticked on paper, as soon as the bedroom light flicked south, so did his ability to engage with me on a physical level.

'The wider world doesn't appear to have these issues, and it seems that my entire extended social circle is currently on the cusp of marriage. Every day brings a fresh Facebook feed of weddings and engagements. With this relationship fever pitch, reflections on my own single status remain in flux, oscillating between a calm acceptance of singledom and wild panic that I will never find the right fit.

'Without a partner, will I ever have a child? Over lunch with my family last month, I mentioned that I might like to have my eggs frozen for Christmas. My father very generously replied, "I think that's a sensible idea. I'll definitely chip in." Thanks Dad, but I was joking.

'Children can wait, but I do sometimes long for the emotional and financial security that being in a couple can bring. I'm only responsible for my own happiness and have the freedom to flit from one man to the next if I choose, but I enjoy having another soul to care for. I've also never wanted to sleep around, and commitment doesn't spook me. So why don't I just get myself a boyfriend? Honestly, I think I could find a man tomorrow (if I weren't so damn particular), but if you're looking for love, it seems absurd to enter into a relationship unless you believe it has the potential to cut it long term.

'Yes, I want my happily ever after but, in the meantime, I'll take being by myself rather than being with the wrong person any day.' ■

WORDS BY ELENI KYRIACOU. PHOTOGRAPHS BY DONJA PITSCH/FOLIO, ADAM HANIM



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MIND THE CULTURE GAP

How does it feel to grow up in the UK, the daughter of immigrant parents? *Alix O'Neill* talks to four mothers and daughters about the triumphs and challenges they've faced

Photographs by **CARLOTTA CARDANA**

WHAT DOES THE WORD 'IMMIGRANT' make you think of? How about the terms 'dual nationality', 'non-native' or 'ex-pat'? As the refugee crisis in Europe escalates, these words are loaded, to say the least.

Everyone has a view of immigrants, it seems. But how does it feel to be one? These non-native women are just getting on with their lives, trying to raise a family and give their children the best quality of life they can (all done while trying to 'fit in' and maintain their own heritage and values). It's a tough gig – made harder by a lack of empathy from many.

I know, because I was the child of Indian parents and despite being born and having lived in the UK all of my life, I've often felt a sense of 'otherness' and cultural conflict from my two different backgrounds.

Over these next few pages, four mothers who brought up their daughters in new environments share their stories. These women are formidable and more liberal than the archaic stereotype would have us believe – they're creating a whole new future for their daughters and generations to follow, because they believe that their chosen home is a better life. That kind of steely determination should be both admired and appreciated.

By Anita Bhagwandas





‘MUM WOULD TRY TO GIVE US CURRY AND CHAPATTIS FOR OUR PACKED LUNCHES’

Leena Rathod, 31, is a brand manager for a pharmaceutical and healthcare company in London. Her mum Daksha, 51, is a childminder and dinner lady at a school in Leicester. Daksha moved to the UK from Chennai, in southern India, in 1988.

Daksha ‘Historically, men have dominated in India. The community I grew up in would have viewed me negatively for working, as women are meant to look after the home. In India, I only got a basic education, but here I’ve managed to complete courses in food hygiene and first aid, and have certificates in childcare and dressmaking.

‘I wanted to raise my children differently to how I was brought up; my family back home wouldn’t consider education a priority for my girls. In India, the attitude is, “Oh dear, you’ve got girls”, because you only have them until they get married. Thirty years ago, you’d never educate girls or let them go out, but that’s changing, too. It was a priority that we had the best chance here, so why wouldn’t I educate my daughters?

‘Some of my Indian friends living in the UK are more traditional, but living abroad you have to keep your mind open. Education encourages independence, so you need to be a bit more flexible with your children. Leena and I do have some differences of opinion. She and her sisters like to go out clubbing and drink alcohol, whereas I was brought up not to drink.

‘I don’t think I could live in India permanently now. I started working and through work, I had the opportunity to meet lots of new friends, experience new people and learn more about myself. Since coming to this country I’ve proven to my daughters that girls can do anything.’

Leena ‘My parents’ marriage was arranged, but arranged marriages are more introductory these days. As I’ve grown older my mum has become more relaxed about dating, and accepts that it’s more about finding someone you’re happy with.

‘My sister and I were brought up to eat Indian food every day and we’d often help Mum prepare meals. Food is a really important part of Indian culture; knowing how to cook is advantageous, especially for a girl. When we had to bring in packed lunches at primary school, my mum would try to give us curry and chapattis, but I wanted sandwiches and crisps like everyone else. We wanted to be as British as possible.

‘That’s changed now. The older I get, the more I embrace my Indian culture. Mum’s from Gujarat and wanted me to take Gujarati at GCSE, but I chose French. I already knew how to speak it, so didn’t think I’d need to bother with reading or writing. Now I think it would have been good to learn.

‘We were lucky growing up in Leicester because the city celebrates lots of the Indian festivals, such as Diwali. When a family buys a new home or if someone’s expecting a baby for the first time, there is an accompanying religious ritual. For these, Mum likes us to wear traditional Indian dress.

‘I feel like I’ve got the best of both worlds living in the UK. Women have more personal and professional freedoms, but we also get to keep up with our Indian culture, films and fashion.’ ▶

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'THE BEST THING ABOUT CHINESE CULTURE? THE FOCUS ON FAMILY'

Kamay Kan, 26, is a nutritionist and her mum Ru, 52, a home carer, who travelled to the UK from southern China when she was 29. Both live in London.

Ru 'My upbringing in China was very harsh. I was the youngest of five and wore my siblings' clothes. We didn't eat rice – it was considered an upper-class commodity. I lived under Mao's Cultural Revolution, so going to school wasn't vital and teachers weren't respected like they were before. I didn't like this.

'It took me about ten years to get to know the UK. I waited for my children to grow up before working. We'd always stay local, because I didn't know how to take the bus – I couldn't read the signs. I've now got some basic English to get me by.

'Freedom of speech is the best thing about living in Britain. And not comparing yourself to others. There's none of this "I'm better than you." It's a very natural thing for Chinese families to compare their kids' grades or, today, their wealth. This makes me very uncomfortable and I don't really enjoy going back.

'Life is definitely easier for my daughters than it was for me. They used to complain about having to wash a plate and I'd tell them that I'd take the pig out to feed when I was just four. They've had a very comfortable life growing up here.'

Kamay 'In Chinese culture, as soon as you finish university, your parents encourage you to get a boyfriend. My sister has just qualified as an accountant and the other day, Dad told her it was time to think about settling down. "I don't mind if he's not Chinese, as long as you bring someone home!" We do feel the pressure to have kids, even though we're only 23 and 26.

'The definition of beauty in China is pale skin, as it shows you're not from a farming background. I model part-time and mostly, I'll get a job because I look Chinese. It feels cool to be different.

'Mum's work involves a lot of care-home visits, and she always says she hopes she will never have to live in one. If we can, my sister and I wouldn't let that happen, because Chinese families look after their elderly. That's probably the best thing about Chinese culture – the focus on family. I'm still living at home and Mum would never ask me to move out.

'You do have less independence, though. One night, I didn't come home until midnight and Mum couldn't sleep because she was worried. We also have to contribute to the rent and bills. Even if we did move out we'd still bring back money. I think it's good – you pay back your parents for all the years of support.' ▶



'I THINK I GET MY ENTREPRENEURIAL SPIRIT FROM MY MUM. SHE'S MY IDOL'

Hannah McDuffus, 33, runs a catering business. She lives in London with her four-year-old daughter, Eden. Her mum, Margaret Akpewrene, 52, is a foster carer from Nigeria.

Margaret 'I was raised by my grandmother when my parents relocated to the UK. That's what was done in those days. You wanted to create a better life for your children, so you left them behind with relatives. We were quite poor and lived off pounded yam and jollof rice, but my grandmother showered me with love.

'When I was ten, I went to live with relatives in Lagos, so I could learn English. I was basically used as a maid. I would look after the children, and wake up at 5am to go and fetch the water. It was very tough.

'It was a dull January night when I first arrived in the UK, aged 12. Everything seemed so unfriendly and I couldn't believe how cold it was. At school I was teased for having an African accent. I've got a scar on my head from an accident when I was younger. The kids would ask, "Is that one of your tribal marks?"

'When I became pregnant with Hannah at 18, it was a big shock for the family. My mum had high hopes for me and wanted me to become a lawyer. She threw me out, but after about two weeks I moved back – Mum really did look after us.

'My Nigerian culture has been diluted over the years. When I was growing up I was made to feel a bit ashamed of being African, so in a way I wanted to lose that.'

Hannah 'I remember a teacher blaming me for something and asking my mum to come in. It was the teacher's fault, but Mum assumed it must have been me. Her favourite line was, "If the school has to call me, then it's you." That's just the African way.

'Mum's pretty Westernised, though. She came here as a child, so was more impressionable than my nan, who arrived in Britain as a woman, already set in her ways. When we go to Nan's house, we still greet her with the traditional "Migwo" and we bow.

'There's a lot of internal racism in African culture. My mum dated mostly Caribbean men and this was frowned upon within the community. It didn't matter to my family if I dated white men, but it mattered to my friends. They'd see it as selling out.

'I think I get my entrepreneurial spirit from my mum. She used to have her own hair salon. Every week, racist groups would come in and trash it, but Mum would clean it all up and be back at work the next day. When they eventually drove her to close the shop, she built her own salon in the garden. She's my idol.' ▶


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'I FELT EMBARRASSED FOR BEING DIFFERENT, BUT NOW I'M PROUD OF MY HERITAGE'

Emilie Morrissey, 33, is a creative media account director. She has a 16-month-old son, Oscar. Her mum, Martine Cohen, 63, left Paris in 1972 and is retired. Both live in Ramsgate, Kent.

Martine 'When I first arrived in the UK, I didn't feel as accepted as I do now. We have such different gestures – I didn't know what to do with my hands! Even Emilie had to sit on her hands when she was in primary school because her teacher thought they were too much of a distraction.

'If I was touching a man on the arm like we do in France, it was considered provocative. As a Frenchwoman, you were seen as a bit of a threat. The thing about men cheating on their wives? I think it's the same in England. We're just more open about it.

'In those days, there were hardly any restaurants in England. I couldn't find my garlic, I couldn't find my shallots – now you can get everything and the food is great.

'When you haven't got a command of the language, you can take things the wrong way. I didn't get the jokes – for me, they were attacks. I've been living here so long now, I realise that on a one-to-one level, the French and English get on well.

'I do think Frenchwomen are more stylish. I like nice clothes and looking as good as I possibly can. But I'm just speaking generally. I recently got back from Paris and saw a few women who weren't looking after themselves very well.'

Emilie 'I was brought up bilingual, but I was reticent about speaking French as a child. I once told Mum to "stop talking to me in that language". One summer holiday I refused to speak it completely, even though I could understand everything. It was the same with my brother. We felt embarrassed about being different, but now I'm proud of my French heritage.

'Eating in front of the TV is a no-go in French culture. Food is always about sitting down and having a proper chat. The only time alcohol would ever be taken outside a meal would be for an aperitif on a special occasion and even this would be served with nibbles. I've never dieted in my life. French people tend to approach food in moderation and it's all about eating leisurely.

'We have heated debates about current affairs all the time. I think this is one of the biggest differences between British and French families. When I started seeing my now husband, he'd listen to Mum and I having a discussion about something and tell me he couldn't believe I'd spoken to my mother like that. There's never any ill-feeling – that's just the way we are.' ■


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TAKING a GAMBLE

Actor, father, feminist, and one half of a Hollywood power couple, **RYAN REYNOLDS** talks donning a superhero suit, going 'low-fi' and regaining his career mojo

Words by **OLIVIA FOSTER**

'I GOT AWAY WITH A SHIT TONNE OF stuff when I was young that I wouldn't even want to talk about now.' Ryan Reynolds: funny, modest and just a little bit sweary, is giving his take on celebrity. Indeed, the 38-year-old actor, who spent much of his youth in the spotlight, readily admits that he doesn't know how he would have coped coming into fame in our new age of 24-hour social media surveillance. 'I was a little reckless and out of control, I didn't really have the resources and the mindset to deal with the position that I was in,' he admits. 'I really feel for the younger stars, those 19- to 20-year-old artists who are coming into fame and fortune, and all those different things. It's easy to laugh at them and poke fun, especially because they are obscenely privileged, but at the same time, what they're dealing with can be pretty dangerous. We see people fall victim to it and have their lives destroyed.'

Reynolds' own reckless phase is well and truly over, and these days, he's a settled family man. After a short-lived marriage to Scarlett Johansson – which ended in 2010 – he went on to marry Blake Lively. Johansson has previously said that she thought working in the same field caused issues between the pair. But this hasn't been a problem for Reynolds and Lively; they met on the set of *Green Lantern* in 2010 and became friends before beginning to date at the end of 2011, marrying a year later. At the end of the last year they welcomed their first child, a daughter named James, and it's clear in the way that Reynolds speaks about his family – in a reserved, yet touching, manner – that they are the most important thing in his life.

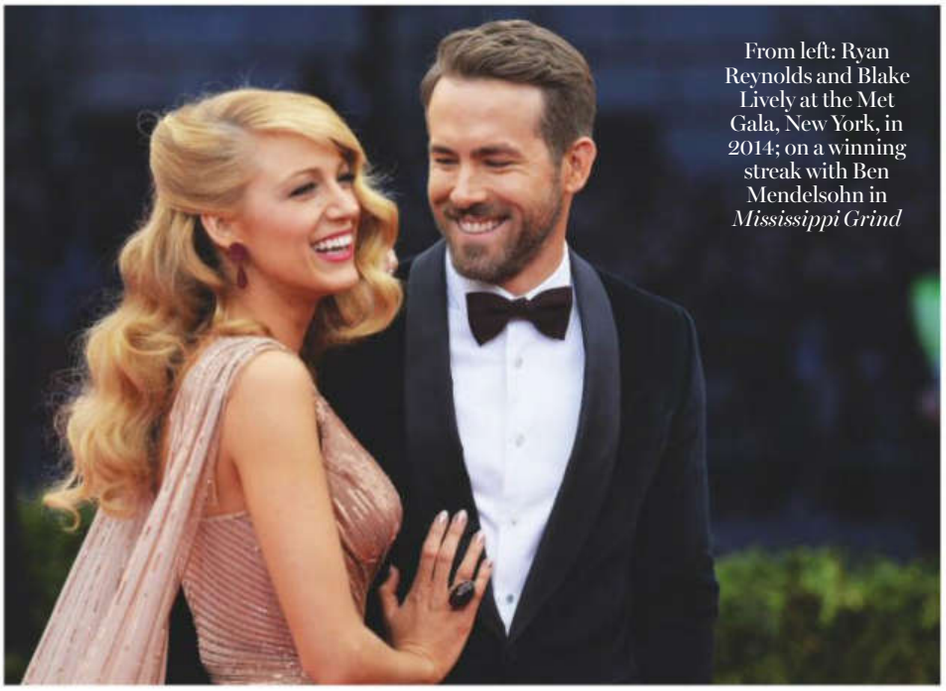
He reveals that even before James's arrival, he and Lively would try to ensure that they weren't working at the same time – keeping their relationship a clear priority. And when asked where he would like to be in five years, Reynolds can only answer that he 'would hope for a solid family life'. Indeed, during our chat one thing becomes clear: Reynolds may be a star, but not in the Hollywood sense. He is shockingly modest for someone who has been working for nearly 25 years, someone who boasts 62 different roles on his CV, including the *X-Men Origins* series and romcoms such as *The Proposal*.

And he's certainly not without a strong work ethic, either. He regularly references his hard-working blue-collar background – both his father and one of his brothers are in the police force – and how it has led him to be fearful of saying no. 'It's tough to wrap your head around the fact that sometimes the most powerful thing is not to work,' he explains. 'One of the hardest decisions to make and one of the hardest things one can do is say no, that's been a challenge for me and it's something that I'm working on.'

Being a father has clearly helped. When speaking with Reynolds, you get a sense that he's more grounded than ever, happier perhaps, and it's all down to his family. He says of fatherhood: 'Not unlike most people [I've found] there is something of a relief to it, that you're not the centre of your own universe any more and there's something nice about how trivial all those other little things you used to lay awake at night worrying about become. I think there's something beautiful about that, and that's not something I was expecting.'

Of course having a child in the spotlight can be difficult to navigate, especially for a ▶







From left: Ryan Reynolds and Blake Lively at the Met Gala, New York, in 2014; on a winning streak with Ben Mendelsohn in *Mississippi Grind*

couple as talked about as Reynolds and Lively. They are the epitome of Hollywood glamour: glossy all-American stars with a romance that has captured hearts around the world, and been the subject of thousands of column inches and a gazillion Facebook posts. But Reynolds seems to deal with this well – perhaps because, for the most part, press surrounding the couple is positive. He is adamant that he has come to terms with the fact that people will want to photograph his family; in fact he'd rather that than pay the cost of his children missing out on the real world. 'I'm not going to hide in my apartment because I'm worried that someone may take a picture of my baby,' he says. 'I want to experience life, I want my kids to have the same experiences I did. I want them to be outdoors, to experience the world and all the wondrous moments and bullshit I did.'

He's a passionate man and no more so than when talking about equality, a subject close to his heart, given his wife's career. When quizzed about the Hollywood pay gap – women in film are often paid substantially less than their male counterparts – his tone of voice changes, the frustration is clear to hear. 'It's absolutely something that needs to be addressed,' he says, 'It's a multi-faceted problem because it's not just in film, it's in many industries.' He adds: 'It's frustrating. I watch my wife go through it, I watch her deal with that to a certain extent and I want for her what I've benefited from for years. There needs to be some equality.' Reynolds calls himself a feminist and,

'There's something of a relief to fatherhood; something nice about how trivial all those other little things become'

despite growing up in a mostly male household, it's something that he's always believed in. And for his part, he does feel we are starting to see a slow shift towards more female-centric films being made in Hollywood. 'I think there is something interesting going on in that we're seeing a few more – not enough – but a few more female-driven films that are franchises, big blockbuster films, and for me that does show that there's an appetite there for female-led films of all genres and it's something that I hope changes.'

In his own career he's also making some changes that will allow himself more freedom to take on roles he will really enjoy – no matter how big or small. 'I just started to have less of a scarcity mindset. I think every actor – I don't care who you are – you have this idea that every role is your last job. It's hard to get out of that grind in your mind.' He says he has made what he calls 'a conscious decision to make slightly different choices... to be open to anything, tiny films, smaller roles and bigger roles'. The bottom line, he says, is that means working with the best directors that he can possibly be in a room with.

It is this decision that led Reynolds to his new film, *Mississippi Grind*, directed by filmmaker friends Ryan Fleck and Anna Boden. A road-trip movie, it depicts the moving relationship between two gamblers Curtis (Reynolds) and Gerry, played by the emotionally astute Ben Mendelsohn. They wrapped the film in just over four weeks, with Reynolds revealing that he loved being part of a more, 'low-fi' process, especially as it meant he got to drive himself to work.

And as for his next role, he will be transformed into a superhero once again for *Deadpool,* in which he plays the lead of the same name. It's a comic-book adaptation that has been ten years in the making, and it's clear he's excited. 'Sometimes the long game pays off,' he reveals. 'I never thought it would come to fruition, it's been an uphill battle but there was such an appetite for that character on screen.' Reynolds says they made the film – directed by Tim Miller – on a restricted budget, but it made the result all the more rewarding. 'We did it with a relative pittance compared to most superhero films, but it really allowed us to explore the character. When you see the movie you would think it's a $150 million [about £98 million] film, but it's actually not at all.'

As for the famous red suit that he gets to wear in the film, of *course* he took it home. 'I loved wearing it and I have run away with one – I'll probably get into trouble for saying that, but I've waited ten years to do this movie so I'm leaving with a fucking suit.'

Mississippi Grind *is out on 23 October*

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SEX: THE FINAL FRONTIER

Randy robots, drone-boning and DNA dating. What's really up next for our sex lives? *Corinne Redfern* separates the facts from the fantasies

SEX PREDICTIONS

RUMOUR

We'll be sleeping with robots...

TRUTH Known as 'robophilia', having sex with a robot sounds depressing at best – and creepy at worst. But Dr Helen Driscoll from the University of Sunderland believes it could be the norm by 2070. 'We tend to think about issues such as virtual reality and robotic sex within the context of current norms,' she says. 'But if we think back to the social norms about sex that existed just 100 years ago, it is obvious that they have changed rapidly and radically.' Anyway, behind closed doors, it's already happening. 'Roxxxy' and 'Rocky' are the latest developments in sex robotics, and come complete with customisable hair, eyes and complexion, plus beating heart, warm skin and circulatory system. You can also fine-tune their personalities, and they can even have their own orgasms. 'Our sex robots provide not only physical intimacy, but also the love and support we all need,' explains their creator Douglas Hines, adding that he hopes the robots will reduce sex trafficking, replace the role of prostitutes, remove the risk of STDs and double up as a training tool for sexual therapists. Costing £5,000, they're available online and apparently 4,000 men and women have already stocked up.



1850 B.C
CROCODILE DUNG BIRTH CONTROL
Ancient Egyptian women attempt to practice birth control by mixing crocodile dung and honey and placing it in the vagina. Which we imagine works by repelling men altogether.

1656
MASTURBATION BAN
The New Haven law means that, in Connecticut, those found guilty of masturbating can be given the death penalty. Crikey.

1907
EL SARTORIO
Believed to be the oldest surviving pornographic movie, El Sartorio features three women having sex with each other and, er, the devil. Oh, and it all takes place in a river.

1400
PUBIC WIGS
Long before the days of the Brazilian, prostitutes across the UK took to wearing pubic wigs, known as merkins, after shaving their pubic hair off to prevent lice.

RUMOUR

We won't have to worry about contraception...

TRUTH: Men will have to instead. In the next three to four years, a non-hormonal male contraceptive called Vasalgel is expected to hit the market. 'In regards to timing, we anticipate starting our first clinical trial in mid-2016, and then a larger trial starting in 2017,' explains Linda Brent, deputy director of the Parsemus Foundation. 'When the product arrives on the market depends mostly on regulatory approvals, but it could be as soon as 2018.' But you don't need to worry about whether your other half can be trusted to remember to take the male 'pill'. Vasalgel is an injection that blocks a man's sperm. He won't even have to bother setting a reminder on his phone.

RUMOUR

We'll pick our partners by their DNA...

TRUTH And then we'll break up with them shortly afterwards. Advancements in genetics mean that dating apps could be launched where you match with partners based on DNA suitability rather than personality. But experts reckon they're more gimmicky than anything else. 'Genetic dating is based on your immune system,' explains relationship expert Jo Hemmings. 'Of course, it's handy to have a healthy partner, but that has nothing to do with attraction, lust or love. There are so many other environmental factors going on in both chemistry and compatibility, such as lifestyle, age, goals, humour, intellect and looks, that your DNA is pretty irrelevant.'

RUMOUR

We'll be using drones to film porn...

TRUTH Probably not. At the end of last year, 'drone boning' became a porn search term, as the first ever X-rated movie debuted as filmed from the skies. But John Carlucci, who made the film, isn't convinced that it'll, well, take off. 'Don't expect any close-ups from drone porn, because those rotor blades can do some serious damage,' he tells us. 'That said, there's something sexually stimulating out there for everyone, and if you can get past the noise when you pleasure yourself, it could work.' As for the threat of being filmed by a drone without realising it, he's keen to alleviate any concerns. 'I think people with telephoto lenses, binoculars and telescopes would be able to see more hanky panky than a drone,' he says.

RUMOUR

We'll be vaccinated against STIs...

TRUTH You wish. Researchers from Harvard Medical School have found that injecting UV light-killed chlamydia bacteria into a mouse's uterus produces an immune response that could protect them against the live chlamydia virus (an often-symptomless infection that can be transmitted during oral, vaginal and anal sex) in the future. But there's still a very long way to go. 'The trials that have taken place so far have been on mice, so while they have shown promising results, we're a long way off a vaccine being developed that could be safe and effective for humans,' says a spokesperson for sexual health charity FPA. 'Chlamydia is the most common sexually transmitted infection in the UK; in 2014 it accounted for almost half of all STI diagnoses. But it's important to remember a vaccine would not protect against other infections.' ▶



DO YOU NEED A SEX REFRESH?

From toys to porn and everything in between, we're increasingly reliant upon artificial stimulation to get ourselves off. We asked sex therapist *Janet Eccles Crompton* to help two writers get back to basics

1950
FEMALE EJACULATION
Fulfilling women's dreams across the world, Dr Ernst Gräfenburg 'finds' the G-spot, and somewhat coincidentally discovers that females can ejaculate. As scientific experiments go, this one actually sounds quite fun.

1988
VIAGRA BOOM
The little blue pill that promised to help with erectile dysfunction makes about £267 million in profit within the first three months of its release.



GARETH MAY, *33*

'Porn is the easy option'

'I'll admit it. I'm a porn geek. If I'm ever on *Mastermind* it will be my specialist subject. Over the years porn has taught me a lot – from the virtues of dirty talk to the sartorial faux pas of white socks – but it's also taken a lot, too. I've been in relationships where I've passed up morning sex, with all its lazy-limbed awkwardness, for a sneaky peek at Pornhub once the front door clicks shut. It's the easy option – and one which I am increasingly taking, passing up my physical need for sexual stimulation with human beings (with wonky teeth and moods swings) for a quick fix in Porno Land.

'Could a sex therapist's programme save my saucy soul? The rules were simple: no porn, no sex or masturbation, lots of exercise and self-care. I was also asked to keep a journal, chronicling those moments when I had the urge to go looking for smut. By day three I recognised the triggers of my porn-watching habits – a combination of loneliness, work-related frustration and raging horn – and subsequently, rather than give into hard-core afternoon viewing, I instead stored that energy up, kept tabs on it, and distributed it elsewhere. On day four I was finally allowed to masturbate. Wahoo! No wham-bam-thank-you-ma'am deed either. I was required to soothingly get myself aroused, control that arousal and allow the moment to build. As a result, I had one of the best orgasms I've had in a long time.

'By the end of the week, I understood my sexual self better than I have done in years. You know when you just snack on biscuits all day and don't sit down for a proper meal? That's my sex life. Porn is endless Hobnobs when what I really need is the comfort of a cottage pie. It doesn't offer intimacy, it offers escapism and that's OK, sometimes. But when it replaces real sex with real people (with real boobs!) it's time to shut the laptop and walk away.'



REBECCA REID, *26*

'I didn't miss my vibrator at all'

'Like a lot of women, I struggle to orgasm from penetrative sex. But that changed a couple of years ago when I discovered the joy of bullet vibrators. Suddenly I could slip this miracle toy between me and my partner and bam: mutual synchronised orgasms. I felt like I'd learned the secret to brilliant sex, and suddenly I was enjoying penetration just as much as my partner was. But when my partner and I went on holiday recently, sans vibrator, worryingly I missed the extra buzz. So when we were offered help to recapture sexual bliss without toys, I was curious.

'Janet asked my partner and I to each speak for five straight minutes about sex, our relationship and any minor irritations. Then we had to separate for half an hour before we came back together to discuss, which stopped any knee-jerk reactions. It was probably the most useful aspect of the programme. It forced us to contribute equally (rather than me talking and him listening). It's a tactic we've continued using since, and one I'd recommend.

'The programme's sexual aspect involved three massage sessions over three days. The massage meant having access to your partner's body, and being allowed to touch them however you wanted to. My partner surprised me when he chose to rub my stomach – my least favourite area – but the fact he wanted to touch me there stripped away some of my insecurity about it.

'In the first massage we weren't allowed to touch each other's genitals, in the second we could touch but couldn't orgasm, and in the third we were allowed to orgasm as much as we wanted. And after a week of foreplay – trust me when I say we did! The programme reminded me how fun it can be to touch your partner without a goal. And the "back-to-basics" approach was so successful, I didn't miss my vibrator at all.' ▶

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Does looking at this picture put you off sex?

Millennials could have fewer bed buddies than their grandparents and celibacy is on the rise. Our hypersexualised society could be to blame, says *Nicola Gill*

Suzie King runs website Platonicpartners.co.uk for men and women looking for celibate romance. In the last 18 months alone, she has seen a 20 per cent rise in enquiries. 'Most of those have been twenty and thirty somethings,' she says, 'which surprised me. The message I'm getting from them is that they are sick of the 360 degree hypersexualised, airbrushed, perfected images they are getting. Celibacy started as a backlash but I think it's going to be the new normal.'

New research from Match.com found 49 per cent of people in their twenties have had no sex in the last year and less than seven per cent have sex two to five times a week. Another study predicted that millennials will have fewer partners in their lifetime than either Gen X or baby boomers. That's less sex than their grandparents! Trainee solicitor Ellie Robinson*, 25, arrived at uni as a virgin and felt nothing in three years that persuaded her it was worth changing that. 'I'm not religious, I don't think being a virgin makes me "special", I do have a libido and I definitely like masturbating - it's just that I'd rather put all that energy my friends pour into sex and dating into my career, hobbies and friendships.'

For advertising executive Iulia Calota, 35, twelve months of celibacy 'began in a random guy's tent at a music festival. For the first time, I realised that I was badly hurting myself by sleeping with a guy I didn't know and would never see again. It was like an addiction. More women should consider abstinence as a choice and get off the treadmill, allow yourself space and time to think about what you really want.' Iulia is writing a book about her celibacy experiment (see her website Theloveproject.com for more). Now engaged, and back in the saddle, she claims abstinence 'made me feel more confident, even sexier, not less.'

2006
DILDO HOSTAGE
Nicki Jex makes away with £600 after convincing staff at Ladbrokes that a Rampant Rabbit sex toy wrapped in a plastic bag is a gun.

2012
HORNY OLYMPIANS
A record 150,000 condoms are handed out to athletes at the London Olympics. That's 15 for each competitor.

THE BUSINESS OF SEX

There's a whole new generation of sex techpreneurs – and the innovators are all female, says *Claire Mason*

Lovecrave.com co-founder Ti Chang is changing how women experience sex toys by providing a discreet online shopping experience that prioritises them. Meanwhile, Kit Maloney founded the female-targeted website O'actually.com after feeling fed up of being unable to find the kind of adult entertainment she wanted to watch. However, if you imagine that these entrepreneurs have venture capitalists clamouring to invest, you'd be wrong. Investors, who are overwhelmingly white and male, are still reported to ask female entrepreneurs if their business is a vanity project rather than a profit-making enterprise. As a result, Maloney and crew are invariably dependent upon Kickstarter, donations and savings. And to make things harder, Cindy Gallop, of Makelovenotporn.com, believes some women still worry about what other people will think if they are involved with an industry that deals with sex. But for all the problems female sex techpreneurs are facing, Cindy highlights the fortune made by EL James, author of *Fifty Shades Of Grey*. 'That is the financial power of socially acceptable, socially shareable sex.' ■

COMPILED BY CORINNE REDFERN AND VICTORIA CHANDLER. PHOTOGRAPHS BY ART & COMMERCE. *NAME CHANGED

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LEADING *LADY*

An illustrious 20-year acting career, a solid showbiz/so-not-showbiz marriage and a starring role in autumn's much-anticipated movie, *Suffragette*. **ANNE-MARIE DUFF** is in her element

Words by **MARTHA HAYES** ***Photographs by*** **BRYAN ADAMS** ***Styling by*** **JAYNE PICKERING**

'OH, HOW WE LAUGHED!' AND WITH THAT, ANNE-MARIE DUFF BREAKS into a raucous, slightly cockney cackle, reminiscing about the time her husband, Glaswegian actor James McAvoy, finished his West End run of Shakespeare's *Macbeth* in the spring of 2013. 'I said, "Well, that's me playing Lady Macbeth out of the window," and I kid you not, the next day I got a call from my agent with the job offer.'

By the end of that year, the couple – who met and fell in love on the set of critically acclaimed Channel 4 drama *Shameless* in 2004 and have a five-year-old son, Brendan – were living in New York's Upper East Side and Duff was starring in *Macbeth* on Broadway. Touché.

With a theatre career spanning 20 years, 44-year-old Duff is what the industry likes to refer to as a 'proper actress', as opposed to the 'Hollywood star' 36-year-old McAvoy often gets labelled as. The prevalence of articles alluding to one of Britain's most celebrated and versatile actresses (on all mediums) as 'Mrs James McAvoy' gets *my* back up, so I can't imagine what it does to her.

Preceded by a reputation for being rather intense, very disciplined and completely unaffected by celebrity, in truth, she is all of these things. But at least she has the good grace to laugh at herself, and the situation she's found herself in, at the same time. She is practical – dressed for our meeting at a hotel in London's Soho in skinny jeans, a loose-fitting T-shirt and a pair of fuchsia-coloured Salt-Water sandals 'you can wear in the sea' – and thoughtful – staring into space for such a long time at one point, I wonder when she'll come back – but above all, warm and funny.

She has one of those faces – deceptively plain on screen, but enchanting in person. When she smiles, her elfin-like features light up. This month, she'll be in cinemas (in Abi Morgan's *Suffragette*), on our TV screens (as the lead in *The Fall*-esque BBC One crime ▶



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'It's great that a woman in her forties is getting to play these roles. I hope it's a sign of things to come'

drama *From Darkness*) and at London's National Theatre for the seventh time (in *Husbands And Sons*). In fact, she's basically owning autumn. No wonder she's smiling.

Three incredible female roles all at once shouldn't be so extraordinary for an actress in her forties, yet – sadly – it feels like it is.
We have to make that a positive. I remember [*The Walking Dead* actor] Lennie James's brilliant response when somebody asked him about black characters not getting enough parts, and he said, 'What I want to say to that is, "Fuck off. Ask the writers."' But yeah, it is great that a woman in her forties is getting to play these roles. I hope it's a sign of things to come. That conversation is getting louder and louder, and now *Suffragette* is coming out.

What did it mean to you to be a part of something so driven by women?
It's exciting because the film industry doesn't often encourage a female presence in production, and so perhaps that was what was needed to get this film made. I don't imagine a lot of male directors would want to tell this story because it doesn't resonate with them. But at the same time, I don't want to be cowardly and say it's a film in which women hate men. That would be such a cheap shot. I heard someone say [after a screening of the film], 'So, men are all bastards then.' I thought, 'Oh my god, you've completely missed the point – it's *so* not that film.' I was really upset because it was such a reactionary response. I hope people can see beyond it.

It's frightening how much of the film's content still resonates today.
It's terrifying – the representation of women in the media and the way young women are talked about, and what they're praised for and downgraded for. But I also feel like there are so many brilliant role models for young women, like Brit Marling or Lena Dunham, who say, 'No, we'll be having this for ourselves, thank you very much.' I do feel like there's a tidal change. For a long time I was frightened for young women and often thought, 'Gosh, if I had a daughter, I'd be very worried.'

Things were very different when you were starting out in the 90s…
There wasn't this obsession with celebrity like there is now, which has led to an obsession with an aesthetic. Obviously I'm an actress, so it would be disingenuous to say I don't have an interest in aesthetic, but I do think it's become this weird forensic critique that goes against humanity.

You've never struck me as someone who would get preoccupied with their looks.
I've never been someone who has been cast for the way they look. I've seldom played a part where they've made me look fabulous. I've never felt that I have something to lose in that way.

Has playing characters a lot younger than yourself [Duff was in her thirties when she played twentysomething Fiona in* Shameless*] affected how you grapple with the ageing process?
It is hard watching yourself age. It's unnatural and goes against biology to see your face on that [cinema screen]. And that's why lots of actresses have frozen faces, which I find alienating. ▶





Far left: Duff with actor husband, James McAvoy. Left: as Violet Miller in new film *Suffragette*. 'I hope people see [the meaning] beyond it,' she says

I don't care about people as much when I can't see what's happened on their faces. I'm not going to lie to you, it is really difficult. But there's nothing I can do about it, so I have to keep telling myself I'm like a French woman – we get better with age [laughs].

From The Virgin Queen ***[2005] to John Lennon's mother in*** Nowhere Boy ***[2009], you've got a particular knack for raw but very spirited characters.***

I'm interested in people who are up against it, because they make the best dramas. What is it that compels them to get up in the morning and carry on? In writing, I look for characters who are all-seasons, so they're not just a strategy for the story to continue, they exist in themselves.

Have you written anything yourself?

I've done some writing, but I'm terribly critical of it. I think it's something I need to take time out to do. It's funny, those things; we all find reasons not to do them. In my head, the greatest creative achievement is a novel – that's the pinnacle. I've thought that since I was five years old and still do now. My little boy is a complete bookworm.

Why didn't you pursue writing if that was your dream?

Well, I started acting, and I do love it. My god, I love it. My husband thinks it's hilarious how much I love my job.

He doesn't feel the same?

Of course he does, and he's a genius at it. But he doesn't have the unhealthy obsession that I have. He teases me something rotten. I always get really pissed off with actors who go [adopts luvvie accent], 'Oh yeah, I mean, you *know,* obviously *one* day I'm going to be a director…' and I think, 'Oh, shut up. This is a really good job!'

That was a very good impression of [a lot of] actors. How did having a baby change the way you felt about your career?

For a long time I had a different point of concentration. I started to miss [acting] and realised it's not just what I want to do, it's who I am. As a parent, the only thing you can try to do is be who you hope your kid will be; a person who is fulfilled. So I started to think about it that way. But it was difficult. Over the years, I'd learned to develop a thick skin that got me through life, and then suddenly I had to be emotionally available to a very small person and peel it back. Returning to a working environment was quite frightening, because as an actor you have to access all kinds of emotions.

The last time you struggled like that you were 25, and playing Nora in Ibsen's A Doll's House ***at Manchester's Royal Exchange Theatre. Is it true you nearly gave it all up at that point?***

Ibsen is tough. Just like when I had a baby, I found it hard to walk out of the theatre without taking crap home with me. I had this thought process [during a performance] of, 'I do not want to be a crazy actress,' so I got up and walked off stage. There was this lovely actor, Paterson Joseph, who just went, 'What are you doing? Anne-Marie, there are 250 people out there and they've all paid good money to see this play.' So I turned around and went back on stage. You know how Nora eats all those macaroons? I just said [to the audience], 'I'm so sorry, ladies and gentlemen, I choked on a macaroon and had to get some water.' Of course, everyone clapped. I felt terrible. I can talk about it now because it was such a long time ago.

You've described reading reviews as like reading someone's diary, so you don't. Can you watch yourself?

I hate it. I used to be able to – just about – but it's very difficult. It's never as good as you would hope, ever. My husband is better at it than me. We help each other an awful lot. We're quite a good team in that way, actually.

Much is made of you two being an 'unshowy' showbiz couple because of your working-class roots. Is that justified?

There is an element of us being careful and remembering how lucky we are, which sounds terribly earnest, but I mean it in a way, like, it wouldn't occur to James to go out and buy a Ferrari. It wouldn't occur to me to have a wardrobe full of designer clothes. Then, when you do get to visit a crazy world, you enjoy it more; you go home and have fish and chips and giggle about it. But neither of us have a working-class chip on our shoulder. We don't feel like we have anything to prove. ■

From Darkness *starts on BBC One this month.* Husbands And Sons *opens at the National Theatre on 19 October.* Suffragette *is in cinemas from 12 October.*

HAIR BY CHARLEY MCEWEN AT CAROL HAYES MANAGEMENT USING BUMBLE AND BUMBLE. MAKE-UP GINNI BOGADO AT CAROL HAYES MANAGEMENT USING CHARLOTTE TILBURY. DUFF WEARS (PREVIOUS PAGE): GREY SWEATER, LK BENNETT. OPENING SPREAD: GREY COAT, TIBI AT NET-A-PORTER.COM; GREY SWEATER, CLAUDIA SCHIFFER FOR TSE AT STYLEBOP.COM; SILVER RINGS, ASTRID & MIYA. ADDITIONAL PHOTOGRAPHS BY GETTY IMAGES



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The women who make Karl Lagerfeld's dreams a reality

Chanel's couture shows are beamed from Hawaii to Hong Kong, but what no one sees are its silent stars. In this exclusive, *Jess Wood* talks to two of Paris's most talented *petites mains*

Photographs by **KRIS ATOMIC**



PARIS, 3PM ON A SUNNY SUNDAY in July: walking down the cobbles of the Rue Cambon, it's weekend-quiet. You'd never know that behind the black-painted doors of Chanel HQ, a team of 75 is reaching the crescendo of weeks of round-the-clock work. The AW15 couture collection will be worn by Kendall Jenner, Lara Stone and Julianne Moore on a specially constructed casino set, at Paris's Grand Palais the very next day.

Inside, up several narrow flights of stairs, lies a sight that would send any fashion lover over the edge – rooms and rooms of tulle and chiffon are being stitched together, feathered and beaded by a team of *petites mains*, the ladies who hand-construct the couture collections. Karl Lagerfeld's creativity knows no bounds – and his atelier needs the technical expertise to match. The iconic designer and his quotes are famous, but the industry's *petites mains* operate under a shroud of secrecy. Like a flock of fashion unicorns, people like to imagine them, but no one has generally met one.

When I'm ushered inside the hallowed attic space, I spot some surprisingly normal work-life detritus, and the white-coated ladies look every inch ordinary Parisiennes – until you see the care with which they coax invisible stitches into the tiniest of seams.

The couture ateliers are divided into *tailleur* (tailoring) and *flou* (who produce dresses and soft looks). At the head of each is a 'première'. Tomorrow will be an even more special show than usual for the *flou* team – it's Madame Olivia's very first for the house. Blonde, glamorous and young for her exalted position, her zen-like calm is in contrast with sharp, emphatic Madame Cécile, a long-serving première who's been at Chanel for 13 years. But they both seem to have been born with an urge to sew running through their veins – given the level of training demanded, this is clearly not a career you just fall into. ▶









From top: a Karl Lagerfeld model means the boss is always present; Madame Cécile checks one of her looks ahead of a fitting; and Look 48, with lace flowers by Lemarié, which took approximately 439 hours to make



Look 52 – a lattice-work silk tulle with crystals – nearly ready for its catwalk moment

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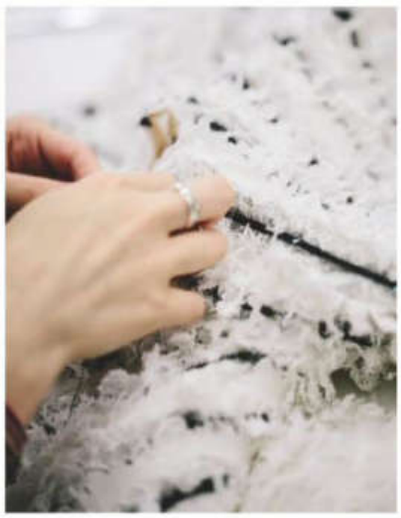
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Karl's famous *croquis* (sketches) are a pretty picture to the untrained eye, but a veritable bible of accurate info for the atelier







Look 45 – ostrich feathers by Lemarié; special technique called 'vannerie' (a kind of basket weave) courtesy of the magic Chanel *petites mains*



The grande dame
Madame Cécile

'My main responsibility? Perfection. In this job, you're never happy – you can always do better. We're often faced with technical problems and there has never been an issue we couldn't solve. You have to, because you don't have a choice. For instance, last season, Karl wanted to work with concrete, which was used for some of the embellishments, and that was quite tricky. It's my job to decide which look goes to which *petite main*. I know the way their hands work, and I know instinctively who will do best with what.

'When I was little, I wanted to be Ginger Rogers, but both my grandma and my mum were couturiers – my mum was a première for Christian Lacroix, Lanvin and Balmain – so I was brought up learning how to sew dresses for my dolls. I trained at the Chambre Syndicale de la Couture in Paris and, funnily enough, I've also been première at Lacroix. Couture is a family – it's all about relationships and you tend to hear about jobs through word of mouth.

'Nowadays, couture and ready-to-wear have become a little mixed up by the industry and also in how they're seen by the public, but they are totally different jobs – couture involves working by hand all day every day, while ready-to-wear clothes are made on machines. Lots of couture houses have closed, so there are less training grounds, but there will always be wealthy ladies who want to have beautifully made clothes. When you find girls with the right skills to work here, they're like gold and we hang on to them.

'Technical skills are crucial, but really this job comes down to personality. When we interview people, we're looking for two things: passion and patience. You have to do this work with your heart. I am always backstage at the show and when the music starts, I get goosebumps. As the looks go out, it's like giving my children away. I cry at the end of every show. We're lucky to do a job like this, where there's emotion involved. So it's not too dissimilar to being Ginger Rogers after all – I'm still putting together big spectacles, just in a different way.' ▶

The debutante
Madame Olivia

'I was always passionate about clothes, even when I was a tiny girl. I trained at Lyon's Université de la Mode and was at Givenchy for nine years before this, but the house of Chanel was a dream. I was actually approached twice to come and work here before and I said no. People thought I was mad! But the truth is, I was scared I wasn't good enough. I learnt a huge amount at Givenchy and ended up as head of both the couture and ready-to-wear ateliers, so when Chanel came to me again, I felt a bit more sure of myself and I finally said yes.

'As soon as I arrived, I realised what an organised house it is. The crucial thing is the way Karl sketches – you can see exactly what he wants and he is very precise. There isn't any to-ing and fro-ing, and having to redo work. Also, when he gives us the sketches, he provides a lot of information, so by the time you make the toile [the 'first draft', usually in calico], it's generally as near as it's possible to get to the final look.

'Karl is hyper-modern. He is the one with the vision, but we do have our own scope – for instance, deciding on the placement of a pocket and other details like that. All the time, we're trying to put ourselves inside his head. We think, "This is not exactly what he said, but I think he might like it." Sometimes he'll love it; sometimes he'll say, "that's not *jolie* [pretty]", simple as that. The main way I bring in my own touches is the execution of each look – deciding which techniques to use, or inventing new ones. For example, this collection was full of 'cloche' [bell-shaped] dresses, but all in different fabrics and we had to work out how to get the same volume into each look – you can't use the same technique for silk as for lace.

'You have to be passionate for this job or you couldn't do it. I invest a bit of myself in every toile.' ■

See the couture for yourself. The Mademoiselle Privé *exhibition at London's Saatchi Gallery runs from 13 October until 1 November, and will also feature Bijoux de Diamants, a re-edition of Coco Chanel's iconic 1932 jewellery designs. The house will also open its new Fine Jewellery boutique later this year.*







Fact: this look (and all the others) wears its very own muslin cape every night to prevent dust, crumb and spillage *désastres*



Look 52 in its first incarnation as a toile





The grey silk tulle of look 52 in glorious detail, and worn by Sasha Pivovarova, below





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THE TOMBOYS

They date girls, present themselves as boys and identify as women – but reject the term 'lesbian' altogether. *Corinne Redfern* reports on South-East Asia's most surprising subculture

Photographs by **MUIR VIDLER**

STANDING AT THE BATHROOM SINK, JUMP Ruksakiati washes her hands and stares absentmindedly at her reflection. That moisturiser she's been using is working, she thinks. Maybe tonight she'll use a face mask, too. On the other side of the room, the door squeaks open and a smartly dressed woman appears, laden with shopping bags. She catches sight of Jump and does a double take. 'Sorry,' she stutters, turning back to the door to check the sign on the front. 'I thought this was the ladies... Oh!'



This page: Praimpat Trakulchokesatiean, aged 30, with her 'dee' Siriluck Srijinda, 29
Opposite page: Wacharakorn Laosap, aged 23, and girlfriend Sasipa Jaijunla, 25

OF THAILAND

Confused, she hovers there, uncertain of what to do next. Jump bursts into giggles and quickly ushers her in.

'It happens all the time,' the graphic designer tells me later. 'Everybody thinks I'm a boy. But I don't mind, I just think it's funny. I love the way I dress. My grandfather was a tailor who custom-made men's suits, so I got a lot of ideas from him, and if you look in my wardrobe these days, you'll only see shirts and trousers in navy, black, brown and white. There are some accessories, like a scarf and a cap, but that's it.' As part of Thailand's LGBTQ subculture of 'tomboys', Jump, 46, identifies as female, but consciously expresses herself as a heterosexual man – dating an ultra-feminine woman known as a 'dee' (derived from 'lady'), and adopting stereotypically alpha-male behaviours. In this case, that means dressing 'like a man', standing 'like a man', talking 'like a man' and even protecting her girlfriend, Kelly, like one too. 'I do like to be gentlemanly,' she explains, adding that only ▶

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Clockwise from above: Sopin, 22; Kanchanok Kulchaipanich, aged 22; and Usanee Supapoom, 25

'long-haired women who date other long-haired women' are considered lesbians – and they often experience discrimination as a result. 'People don't call me a lesbian. There used to be a lot of negativity around that word. Nowadays, I think it's OK to be a lesbian, but I'd still be annoyed if somebody called me that. I don't particularly like labels.'

In the past, women who were attracted to other women were simply considered 'men', and so the term 'tomboy' was adopted in the 70s to solve the problem. While there are parallels between the culture of 'ladyboys' or 'kathoeys', they're surface-level: tomboys aren't transgender, and don't identify as men.

Nevertheless, the concept of tomboys is still controversial. On

'If people see me as a woman, that's fine. If they see me as a man, that's fine, too. People should see inside of each other – what's on the outside doesn't matter'

the one hand, women (and men) should absolutely be able to express themselves and their sexuality however they want to. On the other, they're adopting an unflinchingly heterosexual and rigid approach to relationships, where one party must present themselves as 'male' and dominant and the other 'female' and submissive. In January, the Thai Constitution Drafting Committee announced plans to officially recognise the 'third gender' in future legislation, and Buddhism actively encourages the population to love one another, regardless of gender identity or sexuality.

It sounds progressive, but unfortunately discrimination is still very much a factor at play. In 2009, a Pride parade in Chiang Mai was violently interrupted by protesters who held lesbian, gay and transgender activists captive and threatened to beat them up. Police were present, claims Anjana Suvarnananda, activist and founder of Thailand's first LGBTQ rights organisation, but they just looked on and did nothing. Meanwhile, trans women who are biologically born male can only excuse themselves from military service by declaring 'mental-health problems'.

Still, Jump thinks things are changing. She lives with her elderly father, who has met her girlfriend and welcomed her into the family. And a few years ago, she made peace with her mother, too. 'When I was little, my mum couldn't accept who I was,' she recalls. 'She used to be a ballet dancer, so when I was six, she bought me a pink tutu and leotard to try and get me into it. I wanted to cry when I saw it. She wanted me to be "normal", but she didn't see that I *am* normal just the way I am. Our culture says men should be men and women should be women, but I think it's more important to be a good human being.' Many people ▶



Jump Ruksakiati, 46, says her family are now learning to accept her for who she is

she meets still express a problem with homosexuality, but Jump says it just makes her more determined to prove them wrong.

Meanwhile, tomboy culture is gaining notoriety across East Asia. @TomAct, a magazine celebrating the lives of Thai women blending gender lines, has a not-so-niche readership of 76,000 – and that's just on Facebook. More prominent still are the 'It' toms, such as Phuwaryne Keenan, Suppanad Jittaleela and Qwaa Phunnutta, who have individually amassed Instagram followings of 376k, 899k and 156k respectively. Bangkok-based filmmaker Katrina Kaufman's documentary *Toms* has had 129,000 views to date. 'There was a really positive response,' she says. 'Before making the film, we had thought that "tom" and "dee" were just Thai terms for a butch-femme relationship, but toms and dees really have their own distinct culture. It's only now that Thai society is becoming more open that toms are beginning to get public recognition.'

But for Jump and her girlfriend, public recognition isn't important. They just want to be accepted. 'If people see me as a woman, that's fine,' she says. 'But if they see me as a man, that's fine, too. People should see inside of each other – what's on the outside doesn't matter. We should all just be able to be happy being ourselves.' ■

TOMS AND DEES BY MEGAN J SINNOTT (£20.50, UNIVERSITY OF HAWAII PRESS)


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HEAL ME

Leaving an abusive partner is just the start of a long journey for victims of domestic abuse. Reclaiming their identity is another challenge. *Corinne Redfern* reports on a new initiative utilising the power of make-up to help the recovery

Still life by DAVID NEWTON *Portraits by* ROGER KELLER





‘He told me I was ugly. It’s taken me two years to realise he was wrong’

Sophie Niechcial, 26



‘It’s not about looking pretty – it’s about being yourself again’

Nataline Daycreator, 41



‘I had to relearn who I was and how I wanted to look’

Natalie Pattison, 28



‘Applying lipstick is a moment that’s just for me’

Samantha Francis, 29



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MAKE-UP IS ABOUT CHOICE. IT REPRESENTS THE freedom to do what you want to do, to be who you want to be in the most contemporary and transformative of ways. It can be war paint; it can be disguise; it can be something in between. And now, for thousands of women around the UK, it can be therapy, too.

Working with women who have experienced years of psychological and physical abuse at the hands of their ex-partners, charities across the country are positioning self-care as one of the primary tools for rehabilitation. For some women, that means taking the time to go to the gym, buy a bunch of flowers or read a book. For many more, it happens to involve eyeliner.

'Cosmetics are often seen as superficial,' says make-up artist Lee Pycroft, whose team provides tutorials to women who have experienced domestic violence. 'But there's a therapeutic side to it, too. Many of the women I work with haven't worn make-up for a long time, and you suddenly see a huge shift taking place in front of you when they're given the opportunity to express their identity.'

The impact can't be underestimated. One charity providing support to more than 10,000 survivors of domestic and sexual violence across London is Solace Women's Aid. To mark its 40th anniversary, the charity has released a new report into the long-term impact of abuse. It reveals that 90 per cent of the women it works with continue to experience abuse at the hands of their exes even after they've left, and a quarter of the women have to move house up to three times in three years to end it altogether. And while legal advice and counselling all prove invaluable, for many, if they want to look forward, it's not a matter of finding out who they were before, it's about discovering who they are *now*.

This October – also Domestic Violence Awareness month – psychological abuse is to be criminalised, meaning that men who bully their partners will finally be held legally accountable. But the victory is bittersweet: crisis loans and community care grants have been cut, leaving many women unable to afford to relocate, and trapping them under the shadow of their past. For them, more than anyone, it's the little things that count. 'Something powerful happens when a woman looks at her reflection in the mirror for the first time in weeks, months or years, and remembers who she really is,' explains Pycroft. 'In these circumstances, make-up isn't about fitting in, it's about finding yourself again.'

Here, we speak to four inspirational women who have experienced domestic abuse and for whom self-care has been key to their recovery.

'I'm not a victim or a survivor. I'm just me'

Nataline Daycreator (far left), 41, is the founder of InterNations All Against Spiritual Abuse

'I endured ten years of abuse from my ex-husband. It was primarily spiritual and psychological – there was only one incidence of violence – but he convinced me that a wife's role was to submit to her husband, whatever the circumstances. I'm a strong person, but over the years, he took away my self-confidence and left me wounded, isolated and alone. When I eventually did ask for help, I didn't think there would be so many women like me: women from different cultures, women who were authors, professionals, mothers... Like me, they were desperate to get their lives back, and they knew they had lost a part of themselves, too.

'I've been told that it's an either/or situation – that I'm either a victim or I'm a survivor – but really, I'm just Nataline. Abuse is one of many things that I've been through, and it's really important to remember that. There's still too much stigma around people who have suffered abuse. That's why make-up can be an important tool for helping anyone who has experienced it. When you apply make-up, you have to look in the mirror, you're forced to see yourself and the beautiful attributes that you have. My experiences made me forget my identity, because I stopped feeling like myself. So it's not just about putting on lipstick or eyeshadow to look pretty, it's about taking that time out to remember who you are.' *natalinedaycreator.com*



'I didn't know who I was any more'

Natalie Pattison (left), 28, is studying psychology

'I used to have so much ambition. I was training to be a hairdresser – I always had my hair done and my nails painted – and I dreamed of travelling the world. But in the space of seven years, my boyfriend took all of that away from me. Daily emotional, financial, sexual and physical abuse took their toll, and I started caring more about making him happy than about myself. I just didn't know who I was any more.

'Leaving was hard. Solace found a room in a refuge for my son and me, but I wasn't allowed to tell anybody where I was going, in case my ex-partner found out. For the first three months, I felt so lonely, and I thought about going back every day. Nobody tells you that things don't suddenly change overnight. But over time, they can and will. You can get through anything if you want to. It took me about two and a half years to rebuild my life and feel comfortable in my own skin again. I had to relearn what I liked doing: how I wanted to look, who I wanted to be. But I've found therapy really helpful, and I love reading those quotes that people put up on Facebook. They make me think the world isn't too terrible, that I'm not a terrible person, and that everything is going to be all right in the end.' ▶



'Many of the women I work with haven't worn make-up for a long time,' says make-up artist Lee Pycroft. 'You suddenly see a huge shift taking place in front of you when they are given the opportunity to express their identity'



'I'm not the same person that I used to be'

Sophie Niechcial (above), 26, is a boxing coach, motivational speaker and entrepreneur

'It was only when I told my boyfriend, Julian, that I wanted to break up that the violence began. Throwing me down, he raped me. But afterwards, he was so apologetic – and I was so scared – that I agreed to give things another go. Two weeks later, it happened again. From then on, it was constant. He punched me, slapped me, and spat in my face. After six months, I managed to make him leave the house, but he waited until I left the window open, then he broke in and raped me again.

'Eventually, after a long court process, he was put in prison for 13 years. But as soon as it was over, everybody expected me to be happy and normal again. Instead, I felt empty and worthless, like my spirit was crushed. He'd chipped and chipped away until I had no self-confidence left. Everything had been taken away from me. I wasn't the same person any more.

'It's taken almost a year, and I'm trying to be patient with myself, but these days I know I'm stronger than any abuse. I'm launching my own business and working as a boxing coach. Julian told me I was ugly so often that I really believed him, but I'm learning to respect my body and do the things that make me feel beautiful again. It's the little things, like somebody else brushing my hair, or finding the courage to tell my story that make me remember who I am.'

If you feel affected by these stories and would like more information, contact Solacewomensaid.org or call 0808 802 5565. Or make a donation at solacewomensaid.org/donate-now

'It took a long time to love myself again'

Samantha Francis (above right), 29, is a consultant holistic therapist and founder of Soulholistics.org.uk

'I can still remember walking into the house I was sent to after I left my ex-partner. The health authorities had helped me leave him, but while it was the best decision I ever made, it was also the scariest. It required so much emotional strength, and I understand why a lot of women don't go through with it. For the first time in years, I was alone with my daughter, and I didn't know what to do next.

'Prior to leaving, I had been on antidepressants, but I felt like they were just masking my problems. I knew that I needed to take control of my life, so I had to ask myself a lot of difficult questions, like "Why did this go on for so long?" A lot of it came back to the fact that I didn't love myself. That's a really hard thing to come to terms with. But I didn't want to see my daughter in a psychiatrist's chair in her teens, so I forced myself to see the positives in the situation. I make an effort to do things for me now – whether that's applying lipstick, having a bath or sitting in the park with the sun on my face. It's a moment of time for myself. The unfamiliar makes you feel vulnerable, and it's a long process, but there's always light at the end of the tunnel.' ■

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JUSTICE WILLIAMS, 34, Birmingham





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CHARLIE MARCHANT, 23, Brighton





'I started a viral selfie campaign'

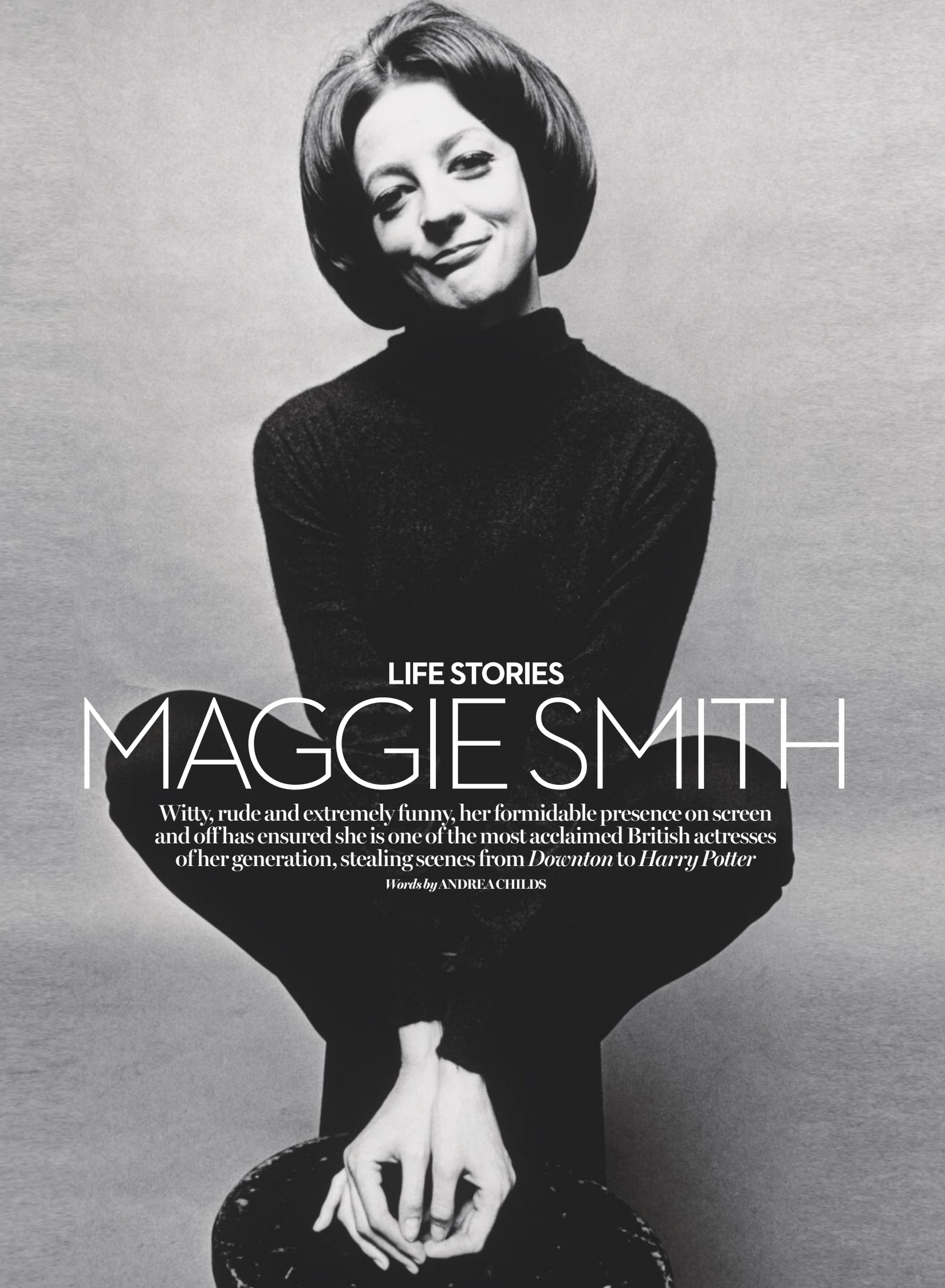
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LORNA HAYMES, 33, Manchester

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STEFANY CHISHOLM, 24, Dunbar

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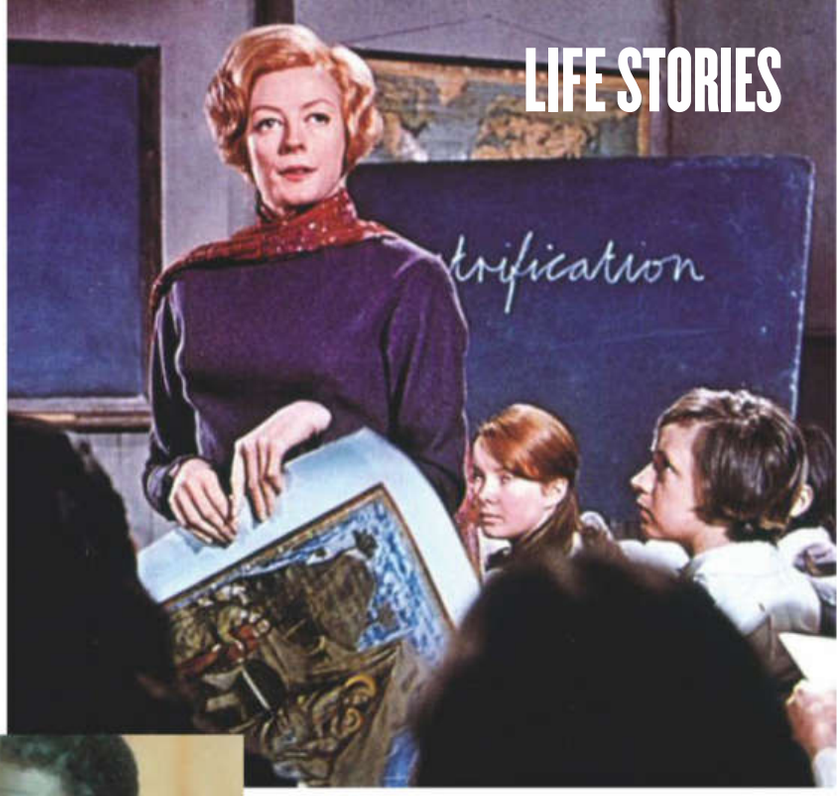
LIFE STORIES

MAGGIE SMITH

Witty, rude and extremely funny, her formidable presence on screen and off has ensured she is one of the most acclaimed British actresses of her generation, stealing scenes from *Downton* to *Harry Potter*

Words by ANDREA CHILDS







Clockwise from left: Maggie's Broadway debut in 1956 in *New Faces*; in *The Prime Of Miss Jean Brodie* in 1969; with Laurence Olivier in *Othello*, 1965

DAME MAGGIE SMITH STEPS forward in typically stately fashion, the illusion of grandeur dimmed only slightly by the fact she is wading through a swimming pool, a banana-shaped bag of the word game Bananagrams balanced precariously on her head. Filming on *The Second Best Exotic Marigold Hotel* has wrapped for the day and Maggie is heading to the room of her great friend and co-star Dame Judi Dench. 'Their rooms are divided by the pool, so they paddle over to each other and play the game in their swimsuits,' the film's director, John Madden, tells *Marie Claire*.

It's a world away from our usual image of the indomitable star as Violet Crawley, Dowager Countess of Grantham, with her pursed lips and withering asides in *Downton Abbey* or the quietly ironic Professor Minerva McGonagall in the *Harry Potter* films. In a career spanning more than 60 years, Maggie has worked with theatre legends including Laurence Olivier and John Gielgud; won two Oscars and four BAFTA Best Actress awards; and been made both a Dame and the even more prestigious Order of the Companions of Honour (there are fewer than 50 people with the title). She is renowned for her fast wit and demanding perfectionism, but her spiky, fierce demeanour hides a softer side.

'She is a ferociously exacting presence, but it is simply because she wants to do the best work she possibly can and expects everyone else to aim as high,' explains Madden. 'She's also immensely rude and funny. She accused me of writing a "godforsaken old sod" of a character for her. And on set in India, when I would ask her to walk 400 yards or stand in the hot sun for long periods, she would grumble: "You wouldn't ask your mother to do this!" She adored Dev Patel and would call him petal. Their real relationship was one of the pleasures of making the movie.'

'One went to school, one wanted to act, one started to act and one's still acting,' Maggie told Michael Coveney, author of *Maggie Smith: A Biography* (£16.59, W&N). The truth is more complicated. She was born Margaret Smith in Ilford, Essex, in 1934 – she became 'Maggie' in 1956 when she went to work in the US. At the age of four, the family – father Nathaniel, a lab technician, mother Margaret, a secretary, and identical twin brothers Ian and Alistair, who were six years older and would both go on to become architects – moved to Oxford for her father's work. Her parents were very strict and her mother in particular was a gloomy soul who told her she would never get anywhere in acting 'with a face like that'. 'Her reaction was to run away and join the circus, as it were,' says Coveney.

Growing up, Maggie was never taken to the theatre and films were frowned upon, but she was inspired by a series of books about the stage called *The Swish Of The Curtain*. 'I think that inside every one of us there's somebody about the age of five crying and desperate, and that's particularly so for actors,' she confided in one interview. Her parents wouldn't let her attend RADA when she left school, so she studied acting at the Oxford Playhouse Theatre School, then became a member of the Oxford Repertory Players in 1951, aged 18. 'She shone from the start,' says Coveney. She was plucked to appear in comedy shows in the West End and then travelled to New York in 1956 to be in a *New Faces* review.

By the time Laurence Olivier invited Maggie to join the newly founded National Theatre in 1963, she had also made her name as a TV and film actress. In a taste of what was to come, Olivier wasn't sure how to react to his young co-star. 'She was playing Desdemona to his Othello and she was like the cheeky, clever girl at the back of the class. He was threatened by her quickness, so he retaliated by mocking her accent, saying she sounded common,' explains Coveney. 'In reply, she stuck her head round the dressing-room door as he was standing stark, bollock naked having his body make-up applied and slowly intoned, "How now brown cow" in her poshest tone. He was speechless for once.'

One man in particular remembers being in the audience for the production and says: 'She had the most extraordinary raw innocence that made you cry. I ▶



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cannot remember a more moving performance than hers. It haunted me afterwards.' It was Julian Fellowes, who would go on to write the part of Lady Grantham in *Downton Abbey* specifically for her.

Maggie's career was in the first of its three great acts, sealed with her Best Actress win at the Oscars in 1969 for her iconic role in *The Prime Of Miss Jean Brodie*; her portrayal of the bitter, disillusioned teacher based on her memories of her mother. Behind the scenes, however, her private life was faltering. She had first met playwright Beverley Cross in Oxford in 1952 when she was 18. 'Their friendship simmered for a few years, but it

'HER MOTHER WAS A GLOOMY SOUL WHO TOLD HER SHE'D NEVER GET ANYWHERE IN ACTING "WITH A FACE LIKE THAT"'

didn't become serious until the end of the decade. Although Beverley was married, he was bowled over by her,' says Coveney. While Cross waited for his wife to grant him a divorce, the couple lived happily together in London in the early 60s. But then Maggie met the unpredictable and charming actor Robert Stephens in 1964, who was married and had a child. After a passionate affair they were married in 1967, ten days after the birth of their first child, Christopher. Their second son, Toby, was born two years later.

Maggie hadn't been on stage for three years, but five weeks after Toby's birth in 1969 she decided to return. She started with rehearsals for the part of Margery Pinchwife in the *The Country Wife* at Chichester. Speaking of going back to work so soon, she said at the time: 'Actually I think my children enjoy me more because I work. They'd probably find me rather hateful if I didn't… Lots of people do enjoy having babies and it's a full-time occupation, but if you're not one of those people it's just hard cheese.'

Maggie and Stephens appeared together on stage and screen but as her fame hit new heights, his began to nosedive as his alcoholism and sex addiction, linked to bipolar disorder, took their toll. In 1970, Stephens attempted suicide.

'After that it was just hopeless,' Maggie told *The Guardian*. 'We had two little boys. He didn't understand. I sure as hell didn't understand. In the end it was destroying everybody. I remember when he was diagnosed as hyper-manic and asking what it meant, and the doctor saying violent mood swings and indiscriminate sexual activity. I thought, "That about covers it."'









Clockwise from above left: Maggie and her children on the set of *Travels With My Aunt* in 1972; holding her Best Supporting Actress Oscar for *California Suite*, 1979; with Beverley Cross in 1994; in her dressing room at the Old Vic, taking a break from *The Beaux' Stratagem*, with Robert Stephens in 1971

By 1974 her marriage was over and the next year, she married the ever-devoted Cross (he had married and divorced a second time in the intervening years). Cross brought up her sons as his own. 'My mother found the break-up of her marriage to Robert painful because she still loved him very much, but his drinking and other issues had made her position untenable,' Toby Stephens told an interviewer years later. 'Dad [Cross] was a calming influence on us all.'

Both of Maggie's sons also went on to become actors. Chris, who changed his surname to Larkin in order to distance himself from his parents' fame, has appeared on TV and in the film *Master And Commander*. Toby is currently starring in the US pirate drama *Black Sails*. Robert Stephens died in 1995 of an alcohol-related illness, but the family was reconciled two years earlier when both Robert and Toby were appearing in separate productions with the Royal Shakespeare Company.

'Beverley looked after her. He was her gatekeeper and she adored him,' says Coveney. With Cross by her side, Maggie could devote herself to her work, appearing in everything from poignant dramas such as *The Lonely Passion Of Judith Hearne* to nuns-on-the-run blockbuster *Sister Act*. 'I am just unbearable if I'm not acting and ▶



Clockwise from far left: Maggie with Dame Judi Dench at the premiere of *Ladies In Lavender* in 2004; as the Dowager Countess of Grantham in *Downton Abbey*; Maggie is made a member of the Order of the Companions of Honour by the Queen in 2014



get on everybody's nerves, especially mine,' she once admitted. When Cross died in 1999, she was devastated. 'I still miss him so much it's ridiculous,' she said five years later. 'People say it gets better but it doesn't. It just gets different.'

Maggie has had to experience the astounding success of her later years alone, reluctantly accepting the international recognition that her roles in the *Harry Potter* films and *Downton Abbey* has brought her. 'Children keep asking me to turn them into a cat,' she said about her role as Professor McGonagall, and she was shocked to be mobbed by *Downton* fans on a recent trip to Paris. 'I remember my very first scene with her in season one,' said Hugh Bonneville, who plays her son in the series. 'She's complaining about the electric lights and suddenly she put her fan up to her face to shield herself from "the glare", and spent the entire scene like that. It was so funny, and I was just, "All right! There's no point in my even being here. She's just marched off with the scene!"'

Talking of his show's grande dame, Fellowes says: 'She can go from tragedy to comedy seamlessly and you don't have to worry about taking her there in the script. She does it without ever coming out of character or breaking the reality.' But does she show signs of bowing out? 'She is having a glorious renaissance and I don't think she will ever retire willingly,' says Madden. She is soon to appear in cinemas in *The Lady In The Van*, the true tale of an old woman who lived in writer Alan Bennett's driveway for 15 years.

At the age of 80, Maggie is finally taking a break. She battled breast cancer during the filming of *Harry Potter And The Half-Blood Prince*. 'Shit happens. I ought to pull myself together a bit,' she said at the time. Added to that, an eye problem causes them to water constantly: 'I look heartbroken when doing my shopping in Waitrose,' she told Madden. She has homes in Chelsea and Sussex, where she spends time with her sons and five grandchildren. 'I'm not remotely domestic,' says Maggie. 'What I really like to do when I'm not working is to have a nice lie down.' We don't think she'll be content with lying around for long. She's too iconic for that now. 'If you have been around long enough, you are an icon,' Maggie snorted. 'A rather dusty icon. Or a national treasure.' ■

A LIFE ON SCREEN **From free-spirited teacher to Hogwarts' professor and acerbic-tongued countess**



1969
Maggie's turn as the headstrong teacher in *The Prime Of Miss Jean Brodie* leads to the coveted Best Actress Oscar.



1978
A roller-coaster performance in the Neil Simon comedy *California Suite* wins her a second Academy Award.



1985
As stiff Charlotte Bartlett, chaperone to Helena Bonham-Carter's Lucy Honeychurch in *A Room With A View*.



2001 – 2011
The role that makes her famous with millions of children the world over, as Professor Minerva McGonagall in the *Harry Potter* films.



2011, 2015
Playing Muriel Donnelly, an irritable woman who slowly mellows and finds her heart in *The Best Exotic Marigold Hotel*, and its sequel.



2010-2015
Stealing just about every scene she's in as Violet Crawley, Dowager Countess of Grantham in *Downton Abbey*.

MAIN IMAGE BY TERENCE DONOVAN/TRUNK ARCHIVE. PHOTOGRAPHS BY REX FEATURES, GETTY IMAGES, STANLEY BIELECKI MOVIE COLLECTION, THE LIFE COLLECTION/GETTY IMAGES, ASSOCIATED PRESS, PHOTOGEST, PRESS ASSOCIATION, ALLSTAR, WARNER BROS, PLANET PHOTOS

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[1]Cetraben Cream patient preference study, Sept 2013

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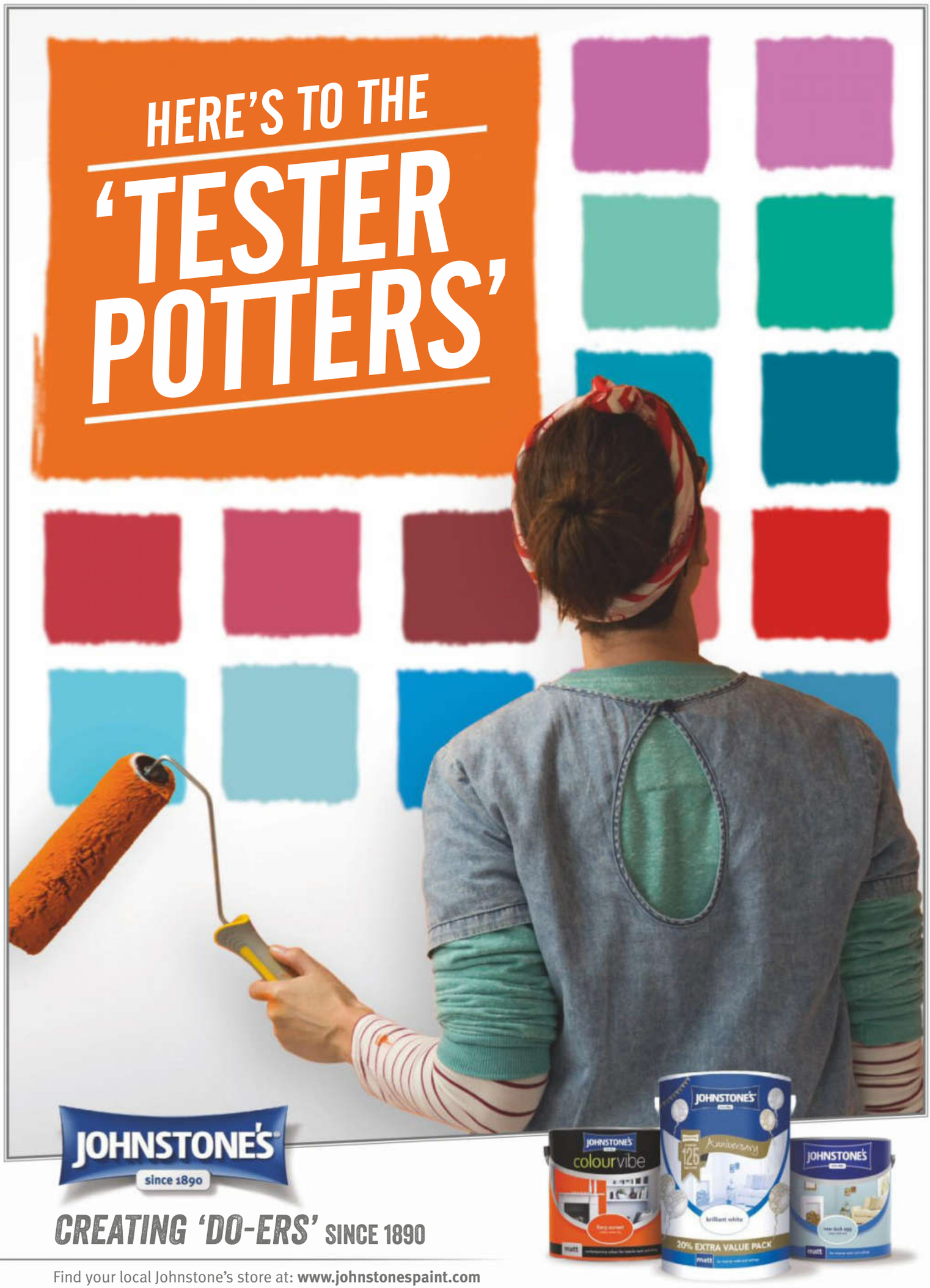


GIRL OF THE MOMENT

Rose Leslie

She grew up in a castle, has a serious Cate Blanchett crush and is pretty handy with a bow and arrow. Oh, and there's the new film career to consider. *Game Of Thrones*' Scottish star is shining brighter than ever...

PHOTOGRAPH BY RACHELL SMITH/CAMERA PRESS



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MY LIFE IN BOOKS

Sue Perkins

We quiz *The Great British Bake Off* presenter about her favourite page-turners



WUTHERING HEIGHTS

by Emily Brontë

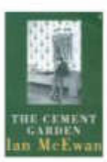
Wuthering Heights is dark, so very, *very* dark, and I don't think many people realise that until they've read it. I have one copy I've probably had since I was 14 years old.



JAMES AND THE GIANT PEACH

by Roald Dahl

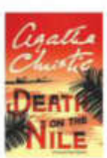
I was obsessed with Spiker and Sponge as a child. Although I think I've also turned into a modern-day Bruce Bogtrotter [from Dahl's book *Matilda*]: a compulsive cake-eating, mini sociopath.



THE CEMENT GARDEN

by Ian McEwan

I worked in a bookshop once, and there was this guy upstairs we were all in love with so we just read whatever he was reading. He got me into McEwan when he was still writing short stories.



DEATH ON THE NILE

by Agatha Christie

Christie was the author that prompted me to start mass-reading. I know it's not a cool name to drop in, but up until then, school dictated much of what I read. Christie became my gateway drug to a literary highway. Spectacles *by Sue Perkins is available from 8 October*

STAR OF THE MONTH

Rose Leslie



I've always felt so privileged to be part of a show that's globally adored, although I'm pretty sure the majority of us working on *Game Of Thrones* were completely unaware of the phenomenon it was going to become. But with HBO churning out some of the best TV shows ever, along with such talented actors and crew, that amalgamation was always going to make it popular.

I grew up in a castle in Scotland: let me say for a start, it was very drafty! But I did have an incredibly privileged childhood and living there was just magical – rolling around in mud baths, climbing trees and having the opportunity to escape.

I always had an inkling that I wanted to be an actress. I'm one of five children and I'm like the piggy in the middle. I have an incredibly intellectual older sister, as well as an older brother who is fantastic at sports, and I think there was something about that which made me go, 'OK, I need to be different to my siblings, and branch out in that way.' So I don't know whether that made me gravitate towards being interested in the arts.

My dad didn't know what *Game Of Thrones* was at the beginning. He got a rather big bollocking from our family though. We were like: 'Dad, you've got to keep up, regardless of whether your daughter is in it or not!' My siblings definitely educated him on the show.

I'm really drawn to self-reliant, strong characters – I love the bite that these women have. They're dominant in their own worlds and they take control. With [my character] Ygritte, I love the fact that she's brilliant at archery and as a result, she can stand up to anyone ten times her size because she's proficient in her art.





Clockwise from left: smouldering on the red carpet; filming *The Last Witch Hunter* with Vin Diesel and Elijah Wood; leading from the front in *Game Of Thrones*

There are some incredibly inspiring women that are at the forefront of the industry I work in. Cate Blanchett is a big hero of mine; she's a phenomenal talent and I get excited every time I watch her on screen. I've always loved Vivien Leigh, too: I watched *Gone With The Wind* on New Year's Day when I was about 15 and I was mesmerised by how compelling she was on screen.

There is a lot of pressure for women in the industry to stay slim. I run a lot and I've always found it to be an escapism from my hectic, urban life. But there is that balance between leading a healthy lifestyle and looking too thin. It's making sure that you're fit, strong and healthy.

My plan B has always been psychology. I'm fascinated at observing human nature and body language, and I think it kind of correlates with what an actor does in that respect. So if my career dries up, I reckon that will be my next conquest.

Rose Leslie stars in The Last Witch Hunter, *out in cinemas on 23 October*



WORDS BY KIARA KEANE. JOSIE AYRE. PHOTOGRAPHS BY REX FEATURES, GETTY IMAGES

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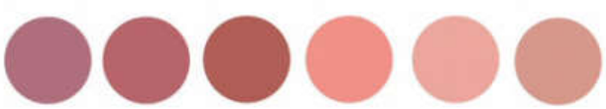


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Ben Foster is eerily good as Lance Armstrong, in this fast-moving bio of the disgraced cyclist. Watch out for Chris O'Dowd, too – excellent as the journalist crusading against Lance.



THE LOBSTER ★★★★☆

Colin Farrell and Rachel Weisz head this strange but seductive parable about a world where singletons get turned into animals unless they find a mate. Bizarre, but hilarious.



SICARIO ★★★★☆

From Denis Villeneuve, the director of *Prisoners*, comes this uncompromising Tex-Mex thriller about a covert CIA sting to bring down a violent drug cartel. Emily Blunt sizzles as an FBI agent.



99 HOMES ★★★★☆

A modern-day morality tale, Andrew Garfield stars in this ace drama set in the world of US real estate as the recession bites and families face foreclosure. Powerful and provocative.

WORDS BY MARTHA HAYES. JAMES MOTTRAM. PHOTOGRAPHS BY ALAMY, CORBIS

MUSIC

Great Scots



If Glasgow's leading electro collective created a buzz with their debut album, you ain't seen anything yet. Step forward Chvrches and enigmatic lead singer Lauren Mayberry. We can't get enough, and here's why...



There's no leader of the pack. 'The presumption that [I'm] the front person definitely took a lot of getting used to. No Doubt is a good example of a band that had a front person, but at the same time, were still a *band*. Gwen Stefani is a powerful woman, but she walked up and down the stage head-banging harder than the guys. She didn't play on being a female as part of the performance.'

What goes on in the band, stays in the band. 'The first-album-to-second-album process is a transitional time – you're still trying to consider who you really are. When making the first album, no one has heard of you, so you can create it without any preconceived ideas of what it should sound like. This time, it was important for us to go back to our own studio in Glasgow, and not involve outside songwriters and producers.'

They have a voice (and they're not afraid to use it). 'We're aware of the negative aspects of women in society, especially those in the creative industries. And we've had a really good response from other bands and the media [Mayberry famously wrote a piece for *The Guardian* in 2013 addressing the misogyny directed at her on social media]. It wouldn't be authentic to keep [my] head down and shut up about those things, because in my personal life and in other professions, I wouldn't expect those things [to happen] and I wouldn't stay quiet. It would have been disingenuous to act like I wasn't bothered.'

They're perfectionists (and not afraid to admit it). 'When I started writing lyrics for this album, I was deleting as much as I was writing. I stewed over the lyrics for *Never Ending Circles* for about three weeks, but I wrote the actual version during a 45-minute train journey! You just can't predict those sorts of things.'

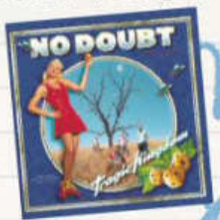
They don't do what they're told. 'After a while, I realised a lot of people had opinions about what I should be doing – and none of those opinions were the same. Kathleen Hanna [an American feminist musician] once said in an interview, "Everyone is going to have a fucking opinion of what you're doing, so you might as well do whatever the fuck you want in the meantime." I like that, but it is hard to live by. But you know, live it, learn it, be it. Everyday is a lesson.'

Chvrches' album, Every Open Eye, *is out now.*

LAUREN LOVES...



'I learned to play piano and the drums as a kid. I was brought up in a rural area, where there wasn't a lot of people to play music with. If you have a piano, drums and a voice, you can pretty much write the whole thing by yourself. But I'm the worst guitar player of all time, and not from lack of trying.'



'The first "cool" album I bought was *Tragic Kingdom* by No Doubt in a service station, and I remember being so excited – possibly because it meant my dad might stop playing his Jamiroquai cassette in the car over and over again.'



'I did a degree in law and a conversion in journalism, with the hope of getting into documentary film-making. I'll never write that off because I'm obsessed with documentaries. Part of me thinks one day I'll be quite a good helper on a music documentary, because I know more about it now.'

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TREND

GEEKS VS GOTHS

There's something very Jekyll and Hyde about AW15 (just in time for the hot new ITV drama adaptation). But which camp do you fall into?

THE BIG MOVIE

Move over, *Hook*: Joe Wright's big-budget prequel *Pan* has supermodels (Cara plays a mermaid), Hollywood legends (Hugh Jackman) and one *very* hot Hook (*hello*, Garrett Hedlund).

There's so much talk about Fassbender playing Steve Jobs, it's easy to forget he's also taken on the mighty role of Macbeth. 'By the pricking of [his] thumbs, something wicked this way comes', that's for sure...

THE SOUNDTRACK

Can't tell the Jonas brothers apart? Well, Nick Jonas is the one with the bulging muscles and the burgeoning solo career. Teeny boppers, brace yourselves, *Levels* is out now.

Feeling gloomy? Legendary guitarist Johnny Marr may well play some sombre Smiths tunes when he tours the UK this month, culminating in a homecoming at Manchester's Albert Hall.

THE TV SHOW

If British TV is crying out for a new voice of a generation, Michaela Coel could be it. Her E4 comedy series *Chewing Gum*, about a religious Beyoncé-obsessed 22-year-old, is a charming addition to autumn's schedule.

A creepy soundtrack, the haunting Alpine village backdrop and *that* mysterious little boy... Emmy award-winning thriller *The Returned* still gives us nightmares. Cushions at the ready for series two, which comes to Channel 4 this October.

THE NIGHT OUT

Years ago, if someone had suggested spending a night at the zoo or museum, oh, how we would have LOLed. But nerdy nights out are now de rigueur. Step forward Science Museum Lates on 28 October. Yes.

Love Halloween and always wanted to run away with the circus? Dark Circus Party at a secret London location has your back. Get your goth on...

THE BOOK

Charlie Brown, Snoopy & Co turn 65 next month, so we're geeking out over *Only What's Necessary: Charles M Schulz And The Art Of Peanuts* (£25, Abrams ComicArts), jam-packed with original sketches.

What happens when JK Rowling tries to bury Harry Potter for good? She takes on a pseudonym (Robert Galbraith, obviously) and pens a thriller – *Career Of Evil* (£13.99, Sphere).



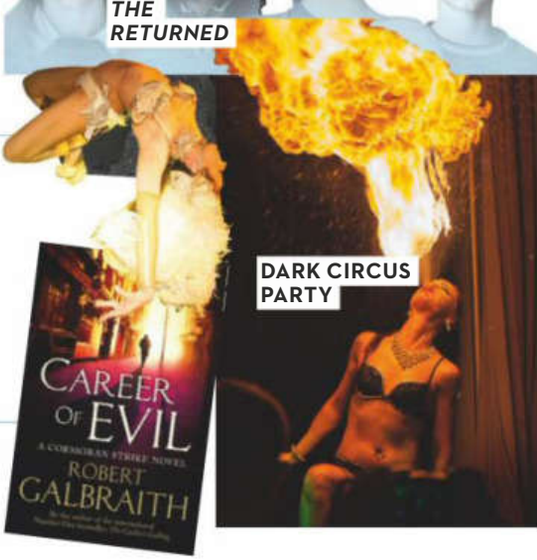












WORDS BY MARTHA HAYES. PHOTOGRAPHS BY ALAMY, GETTY IMAGES, IMAXTREE, JASON LLOYD-EVANS



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JEREMY CLARKSON


IMAGINE DRAGONS

MY WORLD

Miss Piggy

The muppet, chat-show host and friend to the stars talks Jeremy Clarkson and being newly single. Sob

Right now, Imagine Dragons are at the top of my playlist. Not only is their music evocative and catchy, but they're also guests on my show *Up Late With Miss Piggy* and, naturally, close personal friends.

I binge-watch TV. While it's a great way to see a whole series in just a few days, it does make it difficult to remember what you're watching. From what I recall, I just finished *House Of Thrones* and *Game Of Cards*.

My favourite book is *The Diva Code*. Why? Because I wrote it, silly! Oh, and I'm also a big fan of the *The Complete Works Of William Shakespeare*.

I love Graham Norton. He's so funny, and he juggles multiple guests. That's not easy. Whenever I have more than one, I end up turning off their mics. Also, I'm fond of Jeremy Clarkson. I know he's going through a rough patch, but I'm in his corner.

I'd play myself in a film of my life. I've thought about letting Meryl Streep portray me, but knowing my luck she'd win another Oscar and I'd get left out again.

The most important thing in my handbag is a mirror. It's not only a way to make sure I look perfect, but with as much 'work' as I've had done, it helps remind me what I look like.

I have many close friends who are designers. I hate to mention any by name for fear I'll forget someone. However, since Zac Posen, Marc Jacobs, Jason Wu, Donna Karan, Vivienne Westwood, Christian Louboutin and Brian Atwood have all recently made creations specifically for me, I'll be happy to plug them.

My home is a lot like moi – simple and unpretentious, but also unbelievably fabulous. It's a mix of classic and contemporary, with a splash of elegant country.

I love the outdoors. Whether I'm being driven through London, standing on the balcony of a penthouse suite or enjoying the view from a private jet, I adore nature – as long as it stays outside…

The last time I cried was either when Kermit and I broke up or when I watched *Bambi*. To relax after taping my show, I go out on dates. My celebrity crushes range from David Beckham to Chris and Liam Hemsworth, and Leonardo DiCaprio…

The Muppets *premieres on Sky 1 in October.*



INTERVIEW BY JOSIE AYRE. PHOTOGRAPHS BY GETTY IMAGES, REX FEATURES, ELIOT LEE HAZEL, WENN, JASON LLOYD-EVANS



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RADAR

IT'S HAPPENING

Comic-book conventions, seriously haute trainers, and Kirsten Dunst's surprising (but fabulous) new accent – here's what we're into this month...

THE COOL GIRL

Even if you don't recognise Sinead Harnett right away, you've definitely heard her sing. She featured on Rudimental's hit single *Baby* and has also worked with hip DJ duo Disclosure. Now the 25-year-old Londoner is stepping into the limelight with some pop tunes of her own. Her new 90s R&B-inspired single *Soldier* is out next month, and it's already on repeat at MC HQ.

THE ICONIC PRINT

Visit the 'Liberty in Fashion' exhibition (from 9 October at London's Fashion and Textile Museum) for a nostalgic look at how its signature floral print has developed. Celebrating 140 years of fabric, the exhibition will showcase collaborations from each decade, featuring everyone from Yves Saint Laurent to Vivienne Westwood.



THE A-LIST TV CAST

We're counting down the days until the critically acclaimed *Fargo* (Channel 4) returns to our TV screens for season two, mainly because Kirsten Dunst is heading up the cast as beautician Peggy Blomquist, complete with small-town Minnesotan accent. This spin-off of the Coen brothers' cult film also sees our favourite *Parks And Recreation* regular Ron Swanson (sorry, Nick Offerman) make an appearance. Genius.

THE MUST-SEE CONVENTION

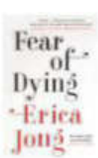
The MCM Comic Con is coming to the capital, so let your inner geek out and head down to ExCel London from 23-25 October for the superhero takeover. May's Comic Con welcomed everyone including A-listers, such as Gillian Anderson, and the cast of *The Walking Dead*, so here's hoping the stars of *Batman v Superman* swing by...

THE NEW SHOE BIBLE

Remember when Raf Simons revealed his £740 Dior trainers last year? Whether you thought they were gorgeous or just plain gaudy, you'll want to pick up Hannah Rochell's second book, *En Brogue: The Trainers Guide* (£10, Saltyard Books), which takes a look at the story behind those designer kicks and a whole lot more.

Must-Reads

Liven up your daily commute or boost your bedtime routine with these page-turners



FEAR OF DYING
by Erica Jong (£16.99, Canongate)
More than 40 years after her bestseller *Fear Of Flying*, Jong returns to tell the story of Vanessa, who's coming to terms with death, and reliving her best years. Honest, but funny.



THE GILDED LIFE OF MATILDA DUPLAINE
by Alex Brunkhorst (£7.99, Harlequin)
Small-town reporter Thomas meets Matilda at a party, but their romance is soon marred by secrets and lies as they try to navigate her super-rich world.



SLADE HOUSE
by David Mitchell (£12.99, Sceptre)
This creepy short novel started out as a series of tweets, and has now evolved into a haunted-house story set in the same universe as his bestselling *The Bone Clocks*.



DEPRAVED HEART
by Patricia Cornwell (£12.99, HarperCollins)
The latest in the Kay Scarpetta crime-novel series, this sees the forensic expert unravelling a frightening mystery involving her niece.

WORDS BY KIARA KEANE. PHOTOGRAPHS BY HANNAH ROCHELL, DARREN NANA


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IN THE ONGOING BATTLE FOR a gorgeous, glowing complexion, facial oils have become an essential part of our skincare arsenal. Light, easy to absorb and nutrient-rich, the ritual of massaging them into fresh, clean skin offers a daily dose of luxury.

The Body Shop is making this high-end beauty essential more accessible than ever with its brand-new Oils Of Life skincare range. It has united a powerful trio of seed oils – Egyptian black cumin seed oil is high in antioxidants, Chinese camellia seed oil is naturally rich in nutritive oleic acids, while Chilean rosehip seed oil is a source of omega-3 and 6. These magic ingredients from around the world are packed into four hard-working products, with your skin superhero being the Oils Of Life Intensely Revitalising Facial Oil. It breathes new life back into tired-looking skin and reduces the appearance of signs of ageing – 92%* of women said their skin felt instantly softer after use, and 90%** said skin felt nourished. In combination with the Oils Of Life Intensely Revitalising Essence Lotion, Intensely Revitalising Cream, or Gel Cream for a lighter alternative, used morning and night, you're on a fast track to radiance and renewed vitality. It's never been easier to make every day a great skin day.

92% OF WOMEN AGREE THAT SKIN FEELS INSTANTLY SOFTER AND 90% AGREE THAT SKIN FEELS MORE NOURISHED



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2. The Body Shop Oils Of Life Intensely Revitalising Facial Oil, **£28** for 30ml

3. The Body Shop Oils Of Life Intensely Revitalising Gel Cream, **£25** for 50ml



'THERE'S A REASON WHY OILS ARE SKINCARE'S NEW OBSESSION.

Not only are they nourishing, light and quick to absorb, but they also have the perfect texture to penetrate easily and deeply. They leave the skin soft and supple without being greasy or sticky.'
Dr Terry, Global Skincare Expert for The Body Shop



'LOCKED INSIDE EACH SEED IS THE POWER TO FUEL NEW LIFE.

These natural powerhouses provide fundamental nutrients from antioxidants to vitamins. Individually each seed oil is a skin saviour, and blended together, they provide nutrition for the skin.'
Jennifer Hirsch, Beauty Botanist for The Body Shop



'OILS HAVE THE MOST WONDERFUL EFFECT ON THE COMPLEXION.

You can literally see the radiance and suppleness being restored as all of these incredible nutrients go to work.'
Vanda Serrador, Facialist and Body Care Expert for The Body Shop

*USER TEST: FACIAL OIL ON 53 WOMEN, INSTANT RESULTS. **USER TEST: FACIAL OIL ON 79 WOMEN, AFTER FOUR WEEKS

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Supporting education and medical research.



Meet explorer Major Natalie Taylor, plus nine other inspirational women
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The blurred boundaries between work and play
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EDITOR'S LETTER

Welcome to our second issue of *Marie Claire* @Work for 2015, in which we present this year's winners of our Women At The Top awards. From the worlds of film-making and fitness, to exploration and medicine, these amazing game-changers are paving the way for women – and just generally making the planet a more exciting place. Technology has done that, too, altering the way we work and live, but the boundaries between both are becoming increasingly blurred. Should we be 'Always On'? We discuss the issue in 'Get Tech Set' on page 230, talk to techpreneurs and share advice on future-proofing your career.



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Trish Halpin, Editor in Chief
Tweet me @TrishHalpin





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Sleek hair to give you the edge
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Meet the UK's ten most inspirational innovators

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There's no need to have a boring 'do at work. Be inspired by these gorgeous catwalk styles

223 **MY STYLE 9-5 SPECIAL**
Three successful businesswomen share their wardrobe secrets

230 **GET TECH SET**
Shift your approach to technology at work and it could revolutionise your future prospects

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WOMEN AT THE TOP

We've scoured the UK to find the most inspirational innovators for *Marie Claire*'s Women At The Top Awards. From business to the arts, tech to medicine, meet the ten game-changers who have shaped 2015

Photographs by ALISA CONNAN
Words by KIARA KEANE, CORINNE REDFERN AND ELENI KYRIACOU







Winner of nine comedy awards since she started stand-up in 2003, including the Rose d'Or International, there's no denying that Bridget Christie is at the top of her game. But it was her groundbreaking show *A Bic For Her* that really set the world alight. With a 54-date sell-out run and a best-selling book (titled *A Book For Her*, obviously), the comedian has tackled feminism, women's rights and the advertising industry with unflinching honesty.

'Apparently, if you can make an audience laugh, they're more likely to remember what you've said. I always downplay what I do, but once, two police officers came to my show and suggested I did a talk to male officers about how they should speak to female victims of assault. I was both flattered and horrified they thought I could be of some use.
My show, *A Bic For Her*, was the perfect storm. I inadvertently wrote a show about feminism when people wanted one. I never planned any of it, I just wrote about things that were important to me at the time. Malala Yousafzai had stood up to the Taliban on girls' education rights in Pakistan, and won, and she was here, living in the UK – that was incredible, so I wrote about it.
It's nice for your shows to be well received by the industry, but positive feedback from your audience is what it's all about. The shows are for them, at the end of the day. It's humbling to see the same people coming back every year.
As a female comedian who talks about gender politics, I am a sitting duck. And although online abuse is par for the course for any woman who dares to voice her opinions in public, it's still not nice when you stumble across it.
If another female comedian asks me for advice, I just tell them to do it their own way. Their uniqueness is the thing that will make them stand out, and that is nothing to do with gender – that's also the advice I'd give to a male comedian.'



The comedy queen
BRIDGET CHRISTIE, 44

The film revolutionary

DESTINY EKARAGHA, *33*

After starting out as a production runner, Destiny is transforming the British film industry from behind the camera. The winner of a BAFTA Breakthrough Brit award, she made waves in 2013 when her film, *Gone Too Far* was rolled out in cinemas, and she promptly became only the third black female director to have released a feature-length film in the UK. Her success hit the mainstream this year, when she was asked by Lenny Henry to direct his autobiographical TV film, *Danny And The Human Zoo*.



'When I heard I was only the third British black female director to release a feature-length film, I felt happy, and then I felt sad. I'm very proud of my success, but the film industry has been around for nearly 100 years. It just isn't right that only two other black women have had this opportunity. Thankfully, it feels like things are changing – I might only be the third, but I won't be the last. **Lenny Henry approached me to direct his film.** He'd seen my work, and said he wanted to interview me immediately – which would have been great, had I not just got on a flight to Nigeria! He wasn't put off though, and interviewed me on the phone. Thankfully, I made him laugh. **I couldn't believe it when *Danny And The Human Zoo* broke Twitter.** When it debuted, we were the second biggest trending topic – just behind Kanye West. **Nobody is sexist to your face in this industry.** It's more subtle than that. You might start your career at the same time as a man your age, and your accolades might be the same, yet their career trajectory is so different. A friend of mine was up to direct an action movie, but the film company was like, 'But can *she* direct *action*?' – then they gave it to a man. **You can't make films for anybody else.** You have to make them for yourself. I got to where I am today either because my ideas corresponded with other people's, or because I was persistent. And I'm very lucky to have worked with incredible crews and producers who trust me. **Things *are* better in Hollywood, but I'll never leave the UK.** No matter how hard things are as a black female director, they're worse for black female actors, so I have to stay put. We're only going to see balance on our screens if we balance out behind the scenes first.' ▶

BRIDGET WEARS SWEATER, WHISTLES; SKIRT, MSGM AT BROWNS; SHOES, WHISTLES. DESTINY WEARS DRESS, ISSA AT HARVEY NICHOLS; EARRINGS, JENNIFER FISHER AT BROWNS; RING, CHLOE AT MATCHESFASHION.COM



The fitness innovators

PIP BLACK, 33, AND JOAN MURPHY, 34

After realising there was nowhere they wanted to go to work out, fitness fanatics Pip and Joan launched Frame, a gym targeted at busy women, in 2009. This year has seen them open their third venue, while their debut collection of activewear hit shelves in Whistles in June. But for all of the pressure to conform, they insist upon using their own clients as models for the range.

Pip: 'We wanted to completely upend the way women approach exercise. It's supposed to be fun, so we decided to make fitness as exciting and easy as possible. At the start, we did *everything* ourselves. One of us would open up at 6.30am and be on reception, while the other would teach classes. Now, thousands of people come through our doors every month, and we've got a huge team of talented instructors.'

Joan: 'We're not into working out alone. We run hundreds of classes. Our first was a Jane Fonda tribute class, which is still on our timetable, along with everything from Rocket Yoga to Friday-night rave workouts. We look at what's going on in LA and New York. The US has a different attitude to exercise – there's a lot of whooping and high-fiving – and while we know that might not be what our members want, we make that enthusiasm our own.'

Pip: 'The Whistles collaboration happened so quickly. They loved our approach to fitness, we loved their approach to fashion, and before we knew it, we'd created 13 pieces of sportswear and our designs were selling out! Sales were so successful, we've been asked to work on a second collection.'

Joan: 'We use real people instead of models in our campaigns. It took a while to convince everybody, but we wouldn't back down. We're promoting the idea of being healthy, not skinny. On our King's Cross site, we have a cafe where nothing is calorie counted, it's just good food to keep you going.'

Pip: 'Our £5 Forgot-Your-Kit kit has taken off. People would arrive and sheepishly ask if we had any spare sports bras or T-shirts, so we now offer a service that provides you with clean sportswear for the duration of the class. We've also launched new timetables that specify whether you need trainers. Working out shouldn't be inconvenient.'

The health pioneer

DR SAFIA JABEEN, 43



It's been two years since Safia opened the Chandni Clinic in Dewsbury, West Yorkshire, giving hundreds of Muslim women a safe place to talk about their sexual health for the first time. Now, with patients travelling across the UK to be seen by her, the 43-year-old is in the process of setting up similar clinics across the country. Last year, she won five awards for her work, including the Brook Adult Sexual Health Service/ Project of the Year Award.

'I trained as a doctor in Pakistan. I worked as an obstetrician and gynaecologist before coming to the UK in 2003. When I started working here, I could see that many Asian women coming into my clinics had sexual health problems, but they couldn't seek advice because of the cultural taboos.

Many of my patients don't know they have an STI. One of the first women to come to my clinic was pregnant, and had genital warts. She was from Pakistan, but had married an Asian man who was raised in the UK. Her sister-in-law was with her, so they both heard the diagnosis. But while her sister-in-law understood it was caused by her brother's infidelity, I could see that my patient had no idea. Later, I found out her husband's family blamed her, and kicked her out.

My role goes way beyond my job specification. In the above case, my patient ended up calling me from Birmingham, where she was living with her newborn baby. She didn't know who else she could turn to. It's hard work, but the women keep me going.

It was tough to broach the subject of sex and make it acceptable. I started by teaching people about general health in local community centres. From this general medical talk we would shift into gynaecological problems, and gradually it started to become acceptable.

There is still a lot more to do. But the good news is, these women have started to accept that sexual health is important and they now visit us openly. We see 600 women every year – that's a huge deal. I'm also working on a campaign to encourage young fathers to get tested for HIV – it's a routine test for pregnant women so we want men to do it, too, and welcome children into a safer world.' ▶

PIP WEARS TOP, EDELINE LEE AT MOUKIMOU.COM; LEGGINGS, LUCAS HUGH; TRAINERS, ADIDAS X STELLA McCARTNEY. JOAN WEARS TOP, KORAL AT SHOPBOP.COM; LEGGINGS, JOAN'S OWN; TRAINERS, NIKE. SAFIA WEARS DRESS, GOAT AT FENWICK; TIGHTS, CALZEDONIA; SHOES, LK BENNETT; JEWELLERY, SAFIA'S OWN

The literary record-breaker

PAULA HAWKINS, 43



Since its publication in January 2015, *The Girl On The Train* has broken records across the globe. The thriller has sat at the number-one spot of the UK best-sellers chart more times than any other hardback novel and, in the early weeks of publication, shifted copies faster than any other novel, *ever* (including those by Dan Brown). The book is now being adapted into a Hollywood film starring Emily Blunt. Meanwhile, Paula is now working on a second thriller, due out next year.

'If I understood why *The Girl On The Train* has done so well, I would do exactly the same thing again – but I don't! Lots of movies get optioned but never adapted, but this is actually happening. I'm going to LA soon, so hopefully I can visit the set.

My agent got very excited when she first read it. While I was writing, I knew straight away that it felt different to anything I'd done before. It was more *me*. I'd previously written four chick-lit novels [under the pseudonym Amy Silver], but always knew a crime thriller – something darker – is what I would be good at.

The sales figures were shocking. And now, nine months on, it's still selling. My new book is set in the north of England; it's dark, gothic and creepy. I'm going to rent a cottage in the winter and write there, and not communicate with anyone.

Success is surreal. There's no real way of connecting with it. I don't think of myself in the same league as Dan Brown – he's a superstar author and I'm not that!

The financial security has been lovely, but apart from that, nothing has changed. Of course, I'm much busier now and have all sorts of pressures in the way of publicity and writing the second book. But I still live in the same house. Maybe next year I'll start spending.

I'm proudest of the connection I have with readers on social media. Some have said this has reinvigorated their joy for reading. That's a wonderful thing. If I see someone reading my book, I find myself trying to decipher their expression.

My fourth chick-lit novel barely sold any copies. It was heartbreaking. At one point I thought, "I can't carry on like this." I suppose I just pressed on, and decided to write what I really wanted to write. I think that's a lesson I learned; you can't really write to order.'



The master chef

KIM WOODWARD, 34

As the head chef at Gordon Ramsay's five-star Savoy Grill, Kim was the first woman to be appointed in its 126-year history. She was a semifinalist on *Masterchef – The Professionals* in 2011, and head chef at Ramsay's Camden gastropub, York & Albany, before joining The Savoy in April, where she is responsible for managing a team of 35 chefs.

'Running one of the most iconic restaurants in London is an honour. I can already feel that I've grown as a chef and as a manager.
Every day is a new challenge. We're constantly tasting foods and creating new menus, so I'm all about having a great team around me to run the restaurant. There's usually about 20 chefs working in the kitchen at any one time – and it's up to me to make sure everything is perfect. You get thrown in at the deep end; it's like a rollercoaster of shouting and screaming, hustle and bustle – but that's what I love.
Being a woman hasn't held me back. I joined the company as a junior sous chef eight years ago, and that in itself was a huge achievement. But even now I'm in charge, I want to achieve more. You have to set your goals higher and higher. Running a kitchen this big – especially one this male-dominated – sounds intimidating, but you go with the flow. I'm the one who motivates my team when things get stressful, but for me, that's the best part of the job.
I'm a big believer in mentoring. It's amazing to watch our five apprentices rise through the rankings. At the end of their three years of training, they become full-time employees. When I started out, I was only 18, and within five years I worked my way up from a beginner to serving 1,000 people a day.
When you work in hospitality you've got to love it – or get out. I can work anything from eight to 15 hours a day, five days a week, but I wouldn't have it any other way. I eat, sleep and breathe food. I really enjoy butchering meat – I did a whole cow the other day! Our most popular meal is the beef wellington. We once served 100 portions in a single day. *That* is what it means to be busy.' ▶

PAULA WEARS TOP, GOAT; TROUSERS, JIGSAW; SHOES, MANOLO BLAHNIK. KIM WEARS HER OWN UNIFORM; RINGS, MONICA VINADER AND KIM'S OWN



The frontline explorer

MAJOR NATALIE TAYLOR, 31

In 2017, Natalie will lead an all-female army team on a trek across the Antarctic as part of Exercise 'Ice Maiden'. The aim is to collect data on female endurance in extreme environments, as well as inspire women to take part in what are often seen as male activities. While she's preparing, Natalie is a regimental medical officer for the British Army, and leads the Army Medical Services Ladies Nordic & Biathlon ski team. This year, she won the 6633 Arctic Ultra marathon, a 350-mile footrace in the Canadian Arctic, in which she pulled her own provisions on a sled.

'Exercise 'Ice Maiden' will take 60-70 days. There will be between four and six of us, and it's the first time an all-female army team is travelling coast to coast via the South Pole. It's 1,000 miles of skiing, pulling our own kit. We've had over 250 applicants. My job is to secure the sponsorship, which is important, but time-consuming. **Our success relies on us being prepared,** so to get ready we're doing three 10-day exercises in Norway. Some of the women have to learn to ski, and other skills include learning to pull the sledges on skis, putting up tents in strong winds, melting ice, eating dehydrated food for prolonged periods – all things you don't think of until you're faced with a polar environment. **I'm all about promoting women in the army**. The Polar regions have had many expeditions led by men, or with mixed teams, but none solely women. It's a huge undertaking and the response I've had when I tell people what I'm doing has been mostly positive. Of course, we've had all the jokes about getting "in sync" and everyone being grumpy on the same day.

I was a general duty medical officer in Helmand Province in 2011. I was in a control base in a remote location with 130 men, and was often the only female in the camp. I never felt out of place, and I quickly became one of the lads. We only had one shower, so someone made a "chick in the shower" sign which I'd put outside. We were very fortunate – everyone came back home at the end of our tour.'

As the founder of a new all-female DJ collective, Rock The Belles, Emily Rawson has played for both Kim *and* Kanye, launched a weekly club night (Supa Dupa Fly) and personally mentors women who want to make it big on the music scene. Now, with brands including Chanel, Nike and Kopparberg flooding her inbox, her mission to feminise the industry is working – even if she does have to fight off sexist emails along the way.

The musical mastermind

EMILY RAWSON, *33*



'I founded Rock The Belles to celebrate women in music. The industry is still sexist, so I found four women who I thought were doing amazing things behind the decks, and went from there. Our first show sold out and it's stayed that way. When I started out, there were hardly any female DJs around, and guys would try to intimidate you. They'd come over and fiddle with the knobs and stuff, to try and make it seem like you didn't know what you were doing.

It's amazing seeing how the women I've worked with have progressed. I can't ever be sad when somebody leaves RTB, because it means they've gone on to do amazing things – just look at Julie Adenuga, who used to be my partner in crime. She has just been signed to front Apple Music's new radio station.

The change that we've made happen is amazing. And the money isn't bad, either – running events is a lucrative business, far more so than DJing. But nothing tops the thrill you get when you're playing to a massive crowd. My biggest gig was to 10,000 people – that was for a Nike event – but I consider Lovebox Festival as another career highlight.

My most difficult challenge was leaving my previous job. I'd wanted to leave for about two years before I did. The guy I worked for told me I wouldn't be able to make it on my own, so I proved him wrong. I'd say to anyone in a similar position: don't be scared. Take the leap, work your arse off and make it happen.

The best bit is getting to be my own boss. The club and events scenes are male-dominated industries, so it hasn't been easy – I still get emails from men telling me I don't know what I'm doing. My mum used to say, "get a normal job" whenever I struggled with it. But I've been DJing since I was 17. Plus, it makes the success all the more worth it.' ▶

NATALIE WEARS HER OWN CLOTHES. EMILY WEARS JUMPSUIT, MICHAEL MICHAEL KORS AT NET-A-PORTER.COM; SHOES, JIMMY CHOO; RING, CHLOE AT MATCHESFASHION.COM; BANGLES, ISABEL MARANT, DIANE VON FURSTENBERG, DINNY HALL

The media superpower

KAREN BLACKETT OBE, 44



As CEO of MediaCom – one of the world's largest media agencies – Karen is the first black female CEO in media topping the Powerful Media 'Power List' as 'the most influential black person in Britain'. She manages a budget of more than £1.2 billion and has helped launch the first government-backed apprenticeship scheme for the creative industry, taking on 10 people every year and offering an NVQ in marketing and communications.

'Working with such a huge budget doesn't scare me. Numbers are the one thing you've got to be comfortable with in a job like mine. I have a lot of respect for our chief financial officer - I'm not a financial specialist, so it's important to work with someone who is able to ensure that your idea is commercially viable.
The best thing I've done at the company is set up the apprenticeship programme for 18-24 year-olds. We're now in our fourth year and it's a real community because we learn a lot from them, too. When the apprentices pass their exams they're offered a place at the agency. It's citizenship in action.
In the five years that I was marketing director of MediaCom we doubled our billings because we kept winning new business. I went from being the person who led the pitch to being the person who pushed others forward, and that's when I got on the radar of my bosses.
I create a culture where you're allowed to bring yourself to work. I want to recognise if some of our female talent is struggling with blending their work and home lives. We have many family-based initiatives [new mothers receive one week's salary as a "baby bonus", and their wage is raised ten per cent in the first year after they return to help with childcare].
I regularly ask the team to tell me what *they'd* do if they were CEO for the day. Then we implement the best ideas. One of the winning ideas was introducing life coaching for everybody at the agency; we've now got a happier, more productive workforce and a better, profitable business.' ▶

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The migration campaigner

JOSEPHINE GOUBE, 27



By the age of 23, Josephine was director of strategic partnerships at Migreat – an online platform supporting two million individuals through each step of the immigration process. Less than four years later, she's been named Expert On Immigration for the European Commission. But that's just her day job. She's also co-directing manager at Girls In Tech London – helping women to launch careers in technology.

'The European Commission approached me this year. I've been writing about immigration for four years now, so they brought me in to help review their policies. The approach right now is, "We've got to kick immigrants out" – but that doesn't benefit anybody. We need to focus on integration; instead of spending money on sending soldiers, the money could be spent on teaching immigrants French or English and helping them to get a job, which would then put money back into the economy. **I travel a lot to find out people's stories.** Afghanis can only travel to 28 countries without a visa, whereas if you have a European passport, you have more freedom. And it doesn't make sense that people from outside the EU can't come here to launch their own business. I want immigrants to be able to come here on an "EU entrepreneur visa", and not have to worry about renewing it years later. It's a global society, we should embrace that. **I know I'm young, but I'm not intimidated** by people older than me. When I'm in meetings at the EC, I have to speak to 50 commissioners from around the world. Thankfully, I went to a school that prioritised public speaking, and my dad always taught me to treat everybody equally, so I'm not easily impressed. But I do worry I can seem rude – when I believe in something so much, it's hard to remember to be polite. **At night I work on Girls In Tech.** I helped to launch it three years ago because I didn't think women in the industry were being represented. **We need to stop talking about inequality.** Of course it exists, but it's so negative. I don't want to hear about how hard the tech sector is for women, and how nobody takes us seriously – I want to talk about what we're achieving already. *That* is what will get women involved.' ■

JOSEPHINE WEARS JACKET, WHISTLES; TOP, PETIT BATEAU; TROUSERS, WHISTLES; SHOES, JIMMY CHOO; EAR CUFF, JANE KØENIG JEWELRY; RINGS, COCO'S LIBERTY; MARIA BLACK JEWELLERY; HAIR BY CHER SAVERY AT DAVID ARTISTS USING L'ORÉAL PROFESSIONNEL AND LARA ZEE USING BUMBLE AND BUMBLE AND BABYLISS PRO. MAKE-UP BY IAN MCINTOSH AT CAROL HAYES MANAGEMENT USING SISLEY SKINCARE AND BURBERRY COSMETICS. FASHION STYLING BY GRACE SMITHAM AND ABISOYE ODUGBESAN. PROP STYLING BY JENNIFER KAY. PROPS: GLOBE (JUSTGLOBES.CO.UK); SILVER CLOCHE AND LOBSTER CRACKERS (GREGGIO.IT)


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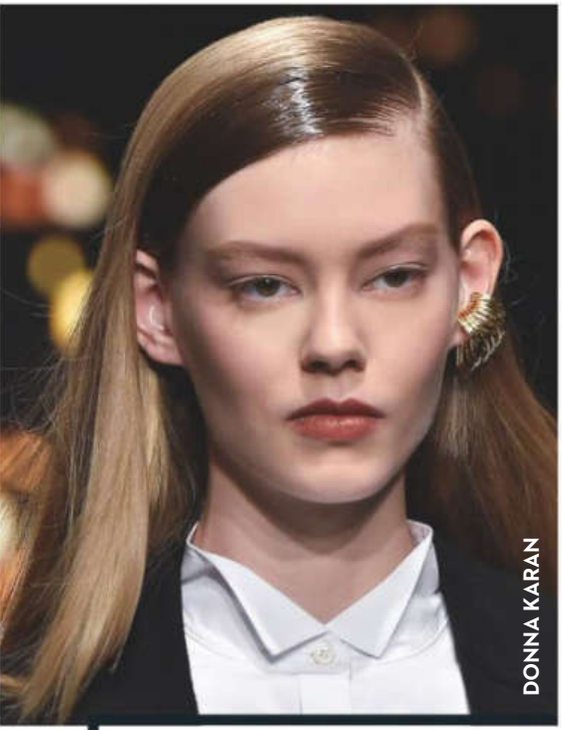
Got the work hair blues? Bored of your usual braid? Get to grips with these cool catwalk looks

Words by CHARLOTTE CLARK


DAKS

FLAT QUIFF

Take inspiration from 50s Teddy Boys and pump up the volume. Pull your hair back into a bun or ponytail, but leave a square section at the top free. Use a volumising product, such as **Kerastase Styling VIP Powder, £19.50**, to build up some height and backcomb the hair a little. Then wrap the ends of that top section around the base of your ponytail, or tuck it into your bun, and secure with kirby grips. Punk rock, but work appropriate, too.


DONNA KARAN

SIDE SWEEP

If leaving hair down looks a bit messy, up your style game by using a serum on the front section – **L'Oréal Professionnel Pro Fiber Revive Leave In Serum, £15.99**, works well. Secure it behind your ear, slicking it down across your forehead, then finish with hairspray.


H BY HAKAAN YILDIRIM

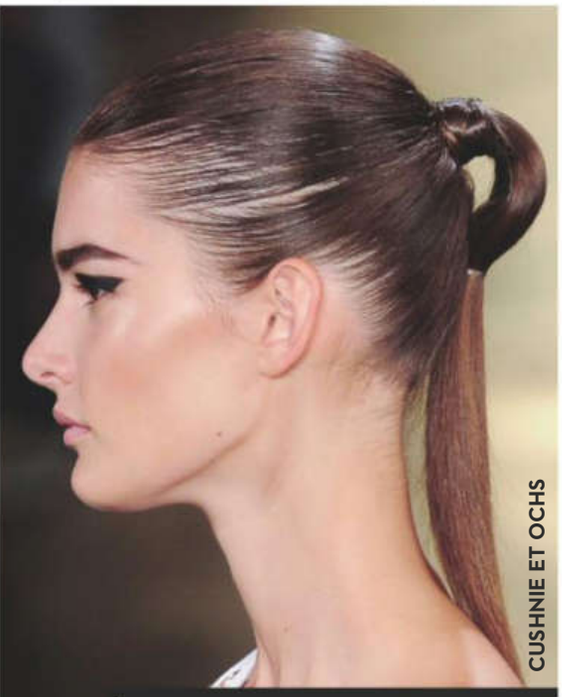
FUNKY PONY

It's time to make a break from your boring old ponytail. Start by taking a large section of the hair from the nape of your neck and wrap this around the body of your pony. Tuck bobby pins in to secure your 'do and, to add interest, spray the lengths of your hair with a texturising spray. **Fudge Urban Crisp Pear & Sweet Vanilla Texture Spray, £6.99**, works well for this look.


WES GORDON

LOOSE KNOT

So easy you could do it on the bus to work. Just tie your hair in a low pony, knot it around itself, secure with grips and pull the ends out so that they look spiky. Add some serum, such as **Schwarzkopf Essence Ultîme Diamond Color Illuminating Oil, £5.49**, to the ends to stop them frizzing. ▶


CUSHNIE ET OCHS

DOUBLE PONY

This one is a true work of art, and ideal if you work in a creative office. Slick your hair back into a ponytail, spray with a setting spray, such as **Windle & Moodie Sculpture Hairspray, £18**, and secure a loop below the main knot with kirby grips. Try **COS Copper Coloured Hair Pins, £4**, if you fancy adding a little cool colour.


TOME

SLICKED-BACK CHIC

This is the ultimate power statement, so ideal for an evening event. Firstly, comb the hair back on the top and spray with a firm-hold hairspray – **Tressemé Firm Hold Hairspray, £2.84**, is effective. Next, comb in the sides and use a hair wax, such as **L'Oréal Professionnel Tecni.art A.head Web, £13.99**, to keep it in place. Finish with hairspray.


BALMAIN


NINA RICCI

THE LOW BUN

Alarm didn't go off? Time to nail the low bun. Start by combing a shine serum, such as **Redken Diamond Oil High Shine Airy Mist, £14.40**, through hair. Then create a ponytail and wrap it around itself. Finally, pin the hell out of it with bobby pins.


CELINE

ACCESSORISE IT UP

The half-up, half-down look might be the height of hipster cool, but for work, keep it sophisticated with a hair ornament (we love **& Other Stories Hair Cuff, £10**). Ensure the look stays sleek by using a smoothing serum, such as **Pureology Smooth Perfection Serum, £16.90**, through the ends. Job done.

FISHTAIL PLAIT

Rain is the enemy of on-point hair, so upgrade your braid skills. Divide hair into two sections. Taking a small piece from the outside of one section, cross over and join it with the other large section. Repeat on the other side until you reach the end. Finish with a band or wrap hair around the band so it's invisible.


JOHN RICHMOND

RELAXED HALF BRAID

Rough-dry hair to add texture. Comb, and gather at the nape of the neck in a ponytail, then plait about a third of the length. Create a round bun shape with the plait by tucking it under towards the nape of the neck. Secure with kirby grips, leaving the rest of your hair loose. Smooth ends with **Dove Style + Care Frizz-Free Shine Cream Serum, £4.50**. ■

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MY STYLE 9-5 special

We chat to three successful women about how they dress for a day in the office



Michelle Smith

Founder and designer of Milly, a NY-based label that combines casual American cool with colourful Euro chic

My philosophy is, 'Don't do it unless you're going to do it right'. The Milly collection is designed and manufactured in New York, which allows me to ensure every detail is perfect.
I started Milly with my husband, Andy, who is the CEO. Everyone asks how we manage being married and working together – the secret is that our offices are on separate sides of the building!
I spend mornings with my family. The time before school is precious to me. After we get the kids off, I will head to spin class at SoulCycle.
I always keep a blazer on the back of my chair for an unexpected meeting. It pulls my look together instantly.
My look depends on the day. As a designer, I like experimenting with colour, fabric and silhouette, but I would describe my style as modern, bold and feminine with an edge.
I'm a sucker for heels. They're an easy way to feel confident in seconds. And I'm really into Coco and Breezy sunglasses.
My number-one investment piece for winter is a statement coat. It instantly dresses up every look. I cannot wait to wear the Milly cocoon coat.
I can't get enough of Jennifer Lopez's looks lately. She knows what she's doing. I love Solange and Beyoncé, too.
If money was no object, I would splurge on an art installation and maybe a DJ booth. My other nickname is DJ Milly. ▶



1. Blazer, **£65**, Next **2.** Dress, **£170**, Karen Millen **3.** Culottes, **£195**, & Other Stories **4.** Sunglasses, **£100**, Dawn Richard x Coco and Breezy **5.** Shoes, **£595**, Jimmy Choo **6.** Coat, **£650**, Milly.com

Gina Ritchie

Buying director for beauty, jewellery and accessories at Liberty, the fash pack's go-to store for directional brands







I travel a lot for work. I go to New York, Paris and Milan to buy scarves, handbags and jewellery, which I love. **Our office style is pretty laid-back, but I don't like to look too casual** – you never know who you are going to meet. I also like to spend lots of time on the shop floor, so I always try to be smart. **A great pair of jeans can immediately update a look.** I have my eye on Acne Studios Skin 5's, as they fit like a glove, wash well and you can get different leg lengths and body rises, depending on what you want to hide or accentuate. **My look is classic, with a twist.** I tend to update my wardrobe by building looks around staples, such as black trousers or a pencil skirt. I like Dries Van Noten for special pieces, Vince for knitwear, Faliero Sarti for scarves and The Row for bags. **I have an Isabel Marant obsession.** My latest investment is the 'Erika' jacket. I love the slouchy boyfriend feel and subtle print, and the pared-down tones will go with most things in my wardrobe. **I always buy a nice shoe each season.** It's a great way to update a look without breaking the bank. This season, I have my eye on a pair from Sergio Rossi. **You can't beat Liberty for key pieces**, but I also love J Crew, COS and Zara.

1. Bag, **£1,600**, The Row at Liberty
2. Trousers, **£225**, DKNY **3.** Dress, **£260**, 2nd Day **4.** Boots, **£795**, Sergio Rossi
5. Skirt, **£340**, Dries Van Noten at Browns



Alicia Meller

International sales manager at Senso, the high-quality, but affordable, Australian fashion footwear brand

Normally, I'm a jeans and T-shirt girl. However, I am currently very pregnant, so anything loose is my friend. My most recent discovery is the incredible stretch dresses by Helmut Lang, which I love. **It's important for my wardrobe to make me feel comfortable and happy.** Our shoes instantly inject fun into an outfit. They add a bit of an edge that makes you stand out from the crowd. **I have my eye on the Givenchy leopard-print tote,** which I have convinced myself will be the perfect baby bag. **I do most of my shopping during my travels.** I spend a good three months of the year in Sydney, so I always pick up pieces at my favourite store, Désordre. It stocks all the great Australian brands, such as Dion Lee, Kahlo and Ellery, as well as Senso, of course! One of my favorite stores in London for clothing is probably Aimé in Westbourne Grove. **For winter, I'll be embracing all the 70s-style suede skirts and jackets.** But if I could buy one thing this season, it would have to be from Acne Studios. The winter scarves are like wearing a blanket – I buy a new colour every year. **I get a lot of my outfit inspiration via Instagram.** I am able to see about 100 different outfit posts from all over the world before even getting out of bed. I follow girls like Pandora Sykes and Audrey Lombard. They each have very different styles, which I like to watch and mix up with my own. ■



1. Dress, **£235**, Helmut Lang at Harvey Nichols **2.** Parka, **£330**, Diesel **3.** Bag, **£720**, Givenchy at Selfridges **4.** Skirt, **£59.99**, Zara **5.** Scarf, **£490**, Acne Studios **6.** Trainers, **£150**, Senso.com.au

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A GRAND AFFAIR

Decadent bohemian looks were all over the AW15 catwalks. The fabulous new Chatsworth collection from Tu at Sainsbury's channels this luxe 70s style



Scarf, **£8**, Tu



Cape, **£16**, top, **£8**, trousers, **£16**, and boots, **£40**, all Tu



Bag, **£16**, Tu

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THE BAG
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THE LOOK
'Catwalk influences came from Etro and Chloé, and the mix of rich colours elevates the 70s vibe.'
Toni Salters,
Head of design, Tu at Sainsbury's



THE FABRIC
'Paisleys and tapestries are the key print messages of this collection.'
Daviner Madaher, print designer at Sainsbury's

THE SHOE
Stylish but sturdy enough for afternoon walks in the country.



Boots, **£40**, Tu



Waistcoat, **£18**, blouse, **£18**, skirt, **£18**, boots, **£65**, and bag, **£16**, all Tu

STYLE TIP

'Layering and mixing delicate and heavy fabric finishes keep this chic 70s-influenced look luxe.'

Lucia Debieux, *Marie Claire's fashion editor*

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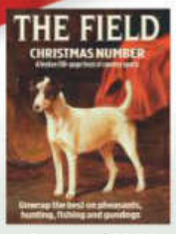
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FFM5



GET TECH SET

Future-proof your career by using technology to your advantage. But you may need to shift your mindset first, says *Belinda Parmar*



'IT'S TIME WE STOPPED OBSESSING with the work-life balance, because I'm afraid to tell you that it doesn't exist. There is no dichotomy, no metaphorical coin with life on one face and work on the other. That coin has been melted down, with our personal lives seeping into the workplace while our work follows us home, on holiday, to the gym, down the pub. And you know what? It's no bad thing.

'We all need to wake up to the fact that while work has crossed over into our personal lives, our personal lives have also crossed over into our work, opening up a far more complex landscape that provides us with the chance to be ourselves. Our genuine, authentic selves.

'There was a time when our home personas and professional personas were strangers whose paths never crossed, meaning that employees – women in particular – could never really be themselves in the workplace.

'A former colleague once confided in me that she left her personality at home in the morning and only picked it up when she got back in the evening.

'This work-life merge has changed all that, and I see it every day at my own company. Social media has provided transparency, a window into our personal lives. It allows us to share our real selves and build a personal brand that's open to the world. Platforms such as Twitter, LinkedIn and Facebook are solvents, blurring the boundaries and empowering users. You can follow whoever you like and anyone can follow you, with work-related updates sharing the same space as holiday photos, comments from friends and links to news stories.

'When I worked in advertising, I remember how we categorised our colleagues and clients according to simple stereotypes: the suits, the IT geeks, the creatives, the fast-talking salesmen and the slick PRs. And that worked, because in any case those were only ever their work

selves, no more rounded or fleshed out than the characters from a 70s sitcom.

'But now the two personas have merged, meaning we can relate to each other at work on a far more intimate and authentic level. This has huge consequences for the way we work and the values that we rate highest.

'According to Soulaima Gourani, a fellow young global leader for the World Economic Forum, we now have a far greater appreciation of our colleagues and clients, because we trust them on a personal level. Gourani explains this in terms of a shift from IQ to EQ, or emotional intelligence. When we were all two-dimensional cut-outs in the workplace, the sort of values that could be listed on your CV were all-important. But now we take our personal selves into the office with us, our work relations have become far more complicated, and being able to inspire trust and confidence, or demonstrating empathy, suddenly carries a lot more weight.

'There are those who criticise the narcissism of social networking, while some bemoan the stresses of being permanently switched on. Others are set on defending the divide between work and personal life. But there is no need to enforce a rigid system of segregation. Celebrate the merging of life and work, the blurring of the boundaries that has given us flexibility to work wherever and whenever we like, and the freedom to finally be ourselves in the office.'

Belinda Parmar OBE (@belindaparmar) is the CEO of Lady Geek (@ladygeek; ladygeek.com), a London-based company committed to bringing empathy to business.

IS 'ALWAYS ON' GOOD OR BAD?

Three top bosses reveal what they really think about clock watching and social media



Georgie Reames, 31, Founder of london juice company, PRESS

Working time: 10 hours per day

'I try to make sure everyone leaves the office by 6.30pm. I keep my free time separate from work, but my team knows I am always just a phone call away. I do believe it's important to work hard and still have time for the things that matter to you – such as seeing friends, keeping fit and getting plenty of sleep – without checking your emails. During work hours, we only post on the dedicated social media channels, which keeps the line between work and home focused and defined. We do offer our staff the option to work away from the office or meditate whenever they want within the day – all we ask is that the work gets done to a high standard, which they do brilliantly.'



Rasha Khawaja, 30, Founder and CEO of tech firm, Toucan

Working time: As much as possible

'As a business focused solely on entrepreneurs and as an entrepreneur myself, you quickly learn that nine-to-five is often not a business reality. I'm never going to argue with Richard Branson, who allows staff to take unlimited holidays, but for many small businesses like Toucan, the practicalities of implementing this are extremely difficult. We do offer 'recharge days' to staff in addition to holidays. But there will always be a natural overlap between work and life: social media means it's inevitable that the worlds of work and home overlap. The good news is that it's easier than ever to remain in constant contact with our co-workers... The bad news is that it's easier than ever to remain in constant contact with our co-workers! Ultimately, when you love what you do, you're not looking at the clock.'



Catherine Thomas, 31, Managing Director at divorce law firm, Vardags

Working time: 11–18 hours per day

'In litigation you need to be working when your opponents, barristers and the court are also working, or you will get very little done. If I have a big court hearing coming up I will often work all hours of the day and night, including weekends. But I actually think social media can risk blurring the lines between work and home by making it more difficult to maintain a private life. Also, I can spend long hours at my computer or on my phone at work andI like a break from screens when I can.' ▶

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'HOW I MADE IT IN TECH'

She launched a multimillion-pound clothes brand from her aunt's basement. Now, Nasty Gal founder Sophia Amoruso tells *Corinne Redfern* how she did it

SOPHIA AMORUSO INSISTS SHE doesn't know what she's doing. The 31-year-old founder of online retailer Nasty Gal (worth over £60m), author of *#GIRLBOSS* (a *New York Times* bestseller) and social media whizz (275k followers and counting) claims she still hasn't got a clue. Every day is a gamble – a matter of crossing your fingers while you type and trying not to screw it up. 'On the outside, it looks like I'm all hunky-dory, but I'm still figuring stuff out,' she says. 'Behind the scenes it's still a lot of work, and there's always a big question mark every day.'

She may have been dubbed the 'Cinderella of tech', but Amoruso has never relied on a fairy godmother to get her anywhere. After a brief stint working in Subway as a 'sandwich artist', the college dropout started selling vintage clothes on eBay from her aunt's basement. She bought a copy of *Starting An eBay Business For Dummies* and quickly figured out what kind of photos caught people's eyes. She replied to every customer comment and used their feedback to make her business even more effective. When eBay kicked her off for breaking its regulations, she made the brand independent, persuading upcoming models to wear her clothes in exchange for a free lunch and turning to Facebook to draw in even more traffic. When customers started asking for items in multiple sizes, she began stocking local indie brands' designs – and the company's revenue promptly grew by over 10,000 per cent in three years.

Then, six months ago, at the height of Nasty Gal's success, she stepped aside as CEO. 'When your company is the size that Nasty Gal is today, it doesn't matter if you're the CEO or the chairman because you're part of a bigger team. You're not making all the decisions yourself,' she says.

Knowing when to look away is always going to be key to management, she believes. And after seven years spent curating a team that's grown to over 350 staff members – three quarters of whom are women – Amoruso is confident in their capabilities. 'I just think somebody who is excited and takes the job personally does it better,' she says. 'They've got to like more than just the job title. And I want somebody who is self-aware; everybody has something they can work on.'

These days, life is calmer. As Nasty Gal executive chairman and with rumours of a second book in the works, there are fewer meetings and more time to spend thinking about her long-term plans. 'It is still really hard to switch off,' she concedes.

In a world where Sheryl Sandberg is pitted against Marissa Mayer on a seemingly daily basis, Amoruso is keen to stress that other women will never be her competition. 'When I started, it was a lot easier than when [Net-a-porter.com founder] Natalie Massenet set out – it's always a little easier with time,' she says. 'There are so many different approaches to feminism, and it hasn't always been this way. Whether you're a career woman, an entrepreneur, or a stay-at-home mum – I think that's a career choice, too – now is a good time.'

LEARN TO CODE (KIND OF)

Forget French – these days languages are all about computers. *Amali de Alwis* from Code First: Girls teaches us the basics...



WHAT IS CODING?
Code is a set of instructions that computers can understand; it might be helpful to think of code as a recipe. People write code, code then powers computers, and computers power everyday objects, such as phones, watches, microwaves and cars. In fact, almost anything powered by electricity uses code. Learning to code is like learning a new language, which involves learning to construct sentences.

IS THERE JUST ONE? Nope. Computers run on binary code – written in 1s and 0s – which is very difficult for humans to work with. But just as people can learn French and German, so computers can understand different languages (such as Python, C, C++, Perl, Visual Basic, Java, JavaScript, Ruby and PHP), which translate our instructions into binary.

OK, WHICH ONE DO I LEARN?
There are 'low-level' and 'high-level' coding languages. Lower-level languages resemble binary code; higher-level languages are easier to code in, because they are closer to the actual language that we use.
■ **C** is a low-level programming language that is good for graphics-heavy applications, like games for instance.
■ **JAVASCRIPT** is a high-level programming language for the web.
■ **PERL** is sometimes known as the Swiss army knife of programming languages because of its multifunctionality.

SO HOW DO I BUILD A WEBPAGE?
Well, a webpage is just a set of files that your web browser knows how to display. There are three types of files they could be: HTML, CSS and JavaScript. Most web pages will be a mixture of all three.
■ **HTML** (HyperText Markup Language) is a way of writing information so that it can be interpreted by a web browser. It is not a programming language – you can't do calculations in it – it's a markup language.
■ **CSS** is also a markup language. Back in the early days of the web, HTML would both store the information *and* tell the browser how to display it. But making a small change such as changing the colour of a heading would require edits all over the place, which made sites hard to maintain, so HTML is now used just to display the information that is stored in the page, such as the text or images. CSS is then used to tell the browser *how* to display that information.

BASIC HTML
■ To make some text bold, type then your text here, followed by to stop it.
■ To make some text italic, type then your text here, followed by to stop it.
■ To insert a paragraph, type then insert your paragraph of text here, followed by
■ To insert a text break, type
 then insert your text here, followed by </br>
■ To make a link, type then insert your link text here, followed by
See codefirstgirls.org.uk

THE NEW OFFICE STARS

This quirky outfit is a perfect match for the new IT crowd. We can't wait to work it





HACK THE BBC – LEGALLY!

How to make the news in just a few simple clicks

1 Open a BBC page in Google Chrome
2 View the page source by doing one of the following: 'View > Developer > View Source' or 'Tools > View Source'
3 Click on one of the following: 'View > Developer > Developer Tools' or 'More Tools > Developer Tools'
4 Use the magnifying glass on the bottom left to hover over bits of the page and find the related HTML.
5 Hover over the HTML code in the tools box and watch as different parts of the page are highlighted.
6 Try changing some of the CSS on the right hand side. To undo any changes just refresh the page.
7 Have a look on the Resources tab and see if you can find the image files.
8 Visit a few of your favourite websites and repeat this process! ▶

WORDS BY CORINNE REDFERN AND KIARA KEANE. STYLED BY LUCIA DEBIEUX. PHOTOGRAPHS BY TOMMY TON/TRUNK ARCHIVE, JESSICA HAYE AND CLAARK HSIAO/CORBIS AND TRUNK ARCHIVE. STILL LIFES BY NOHALIDEDIGITAL.COM AND PIXELEYES



GIVE YOUR CAREER A TECH-OVER

It's all too easy to feel like you're being left behind in your job, especially when it comes to technology. But is it ever too late to give your career a tech-over? Nic Paton, author of *The Complete Career Makeover*, doesn't think so. 'Technology can kickstart your career-change journey whatever your age,' he says. 'Whether you're using it to acquire new skills, research new markets, set up in business, network, or connect with a new audience, it's never too late.' Meet three women who know how it's done...

'TAKE RISKS AND BRUSH UP ON OLD SKILLS'



Laura Kirsop, product manager at FutureLearn

HOW I STARTED OUT 'I was teaching at a primary school when I led a number of digital-skills projects with the kids. When Code Club [a UK project teaching children to code] first started, I got in touch right away and began volunteering with them in my spare time. A year later they were given funding and I was offered a permanent position.'

HOW I MADE THE MOVE 'Being a teenager in the 90s meant picking up bits of HTML coding to edit your Myspace profile, so I brushed up on that and took advantage of all the free tools that are out there, like Codecademy and local tech meetups.'

MY TOP TIP 'People see my teaching background as a huge plus, but I was still scared to make the leap at first. I kept thinking, "Do I know enough to be here?" You have to trust your own skills and accept that people have hired you for a reason.'

'ASKING LOTS OF QUESTIONS IS THE ONLY WAY FORWARD'



Negla Abdela, digital marketing manager at Ministry Of Sound

HOW I STARTED OUT 'I come from a traditional marketing background, which saw me start out as an intern at Island Records and work my way up to become marketing manager. But my role started becoming more digital-based a couple of years ago, and I know technology is the future, so I decided to give myself a head start.'

HOW I MADE THE MOVE 'Trends are constantly changing, so I ensured that I read up on them and stayed aware of what other businesses were doing.'

MY TOP TIP 'I still struggle a bit with the analytical side of things, but I make sure to always ask lots of questions. Never be afraid to say you don't know something because you can always learn from the people who do. It's the only way to get ahead.'

'TEAM UP WITH PEOPLE WHO SHARE YOUR VALUES'



Dr Nikki Kanani, GP, chair of the Clinical Commissioning Group, and co-founder of The Network and STEMMsisters

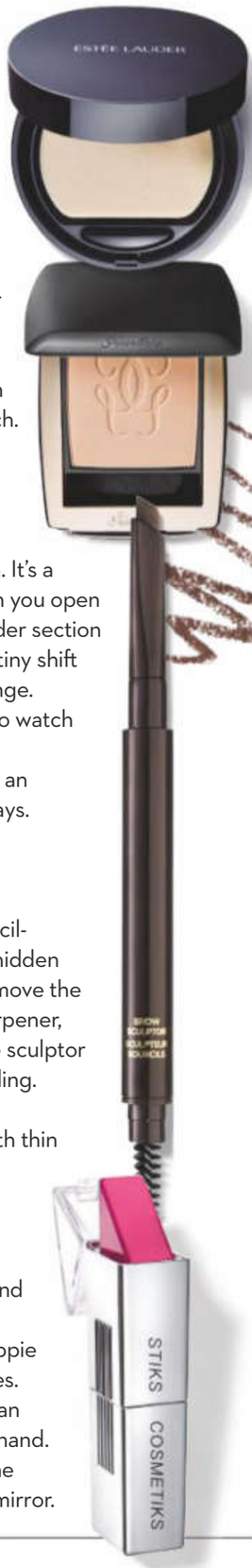
HOW I STARTED OUT 'I trained as a doctor, simply because it's what I've always wanted to do. It involves absolute, sheer, impossible hard work, but I still absolutely love it. I have always been fairly IT literate, and about ten years ago I realised the power that digital solutions could bring to healthcare. That's why I launched The Network - we needed an online portal for doctors to share their ideas.'

HOW I MADE THE MOVE 'I couldn't have done it alone – my friends and I worked with an NHS fairy godfather Sir Muir Gray to develop the concept, and a very kind IT expert created a platform to suit our needs. The people you work with can come from all sorts of backgrounds, but if you have the same values they will almost always put just as much energy into your idea as you do.'

MY TOP TIP 'Changing your job or creating a new initiative means being creative, taking risks and asking questions, but anybody can do it. Find a mentor or supporter, tell your story, create a network of like minded people and just keep at it.' ■

BEAUTY GETS A PROMOTION

These at-desk wonders go above and beyond the call of duty



THE BUY Estée Lauder Double Wear Makeup To Go Liquid, £33

THE TECH This is a spill-proof, compact version of the brand's much-loved full-coverage foundation. With just one push, it dispenses the right amount of liquid foundation for your entire face. Ideal for that mid-Uber ride touch-up.

ADDED BONUS It comes in 18 shades for a perfect match.

THE BUY Guerlain Parure Gold Compact Foundation, £56

THE TECH It's a foundation. It's a powder. It's both! Plus, when you open the onyx compact, the powder section pulls backwards to reveal a tiny shift containing a super-soft sponge. You'll want to re-apply just to watch it do its thing.

ADDED BONUS It contains an SPF15 – skin safety first, always.

THE BUY Tom Ford Brow Sculptor, £35

THE TECH This genius pencil-and-brush combo boasts a hidden pencil sharpener. Simply remove the brush end to reveal the sharpener, and shave off the end of the sculptor for super-precise brow shading.

ADDED BONUS The great calligraphy tip allows for both thin or thick application.

THE BUY Stiks Cosmetiks Lipstik, £15

THE TECH We've finally found a use for that awkward tiny pocket in your jeans – this lippie slips into the tiniest of spaces. Its flip top also means you can genuinely apply it with one hand.

ADDED BONUS The chrome packaging doubles up as a mirror.


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SOO JOO PARK #MODERNVAGABOND
STOCKHOLM A/W 15



VAGABOND
SHOEMAKERS

LONDON BERLIN STOCKHOLM PARIS COPENHAGEN MOSCOW MILAN

FASHION



NOVEMBER

A FANTASY WORLD OF LUXURY LOOKS, PLUS DECADENT DIALS, DIOR'S RESORT COLLECTION, AND CLAIRE DANES ON JUGGLING HOLLYWOOD WITH MOTHERHOOD

PHOTOGRAPH BY ELINA KECHICHEVA. STYLED BY ANNE-SOPHIE THOMAS. COAT, CHANEL; WAISTCOAT, DSQUARED2; SHIRT, CHLOE; TROUSERS, MES DEMOISELLES; BOOTS, THE FRYE COMPANY; BELT, POLO RALPH LAUREN

DESERT STORM

MILITARY-STYLE COATS, STATEMENT SHEARLING AND SLOUCHY BOOTS. WINTER, WE'RE ARMED AND READY FOR YOU...

Photographs by
ELINA KECHICHEVA
Styled by
ANNE-SOPHIE THOMAS









Previous page: wool coat, **£3,260**, Gucci

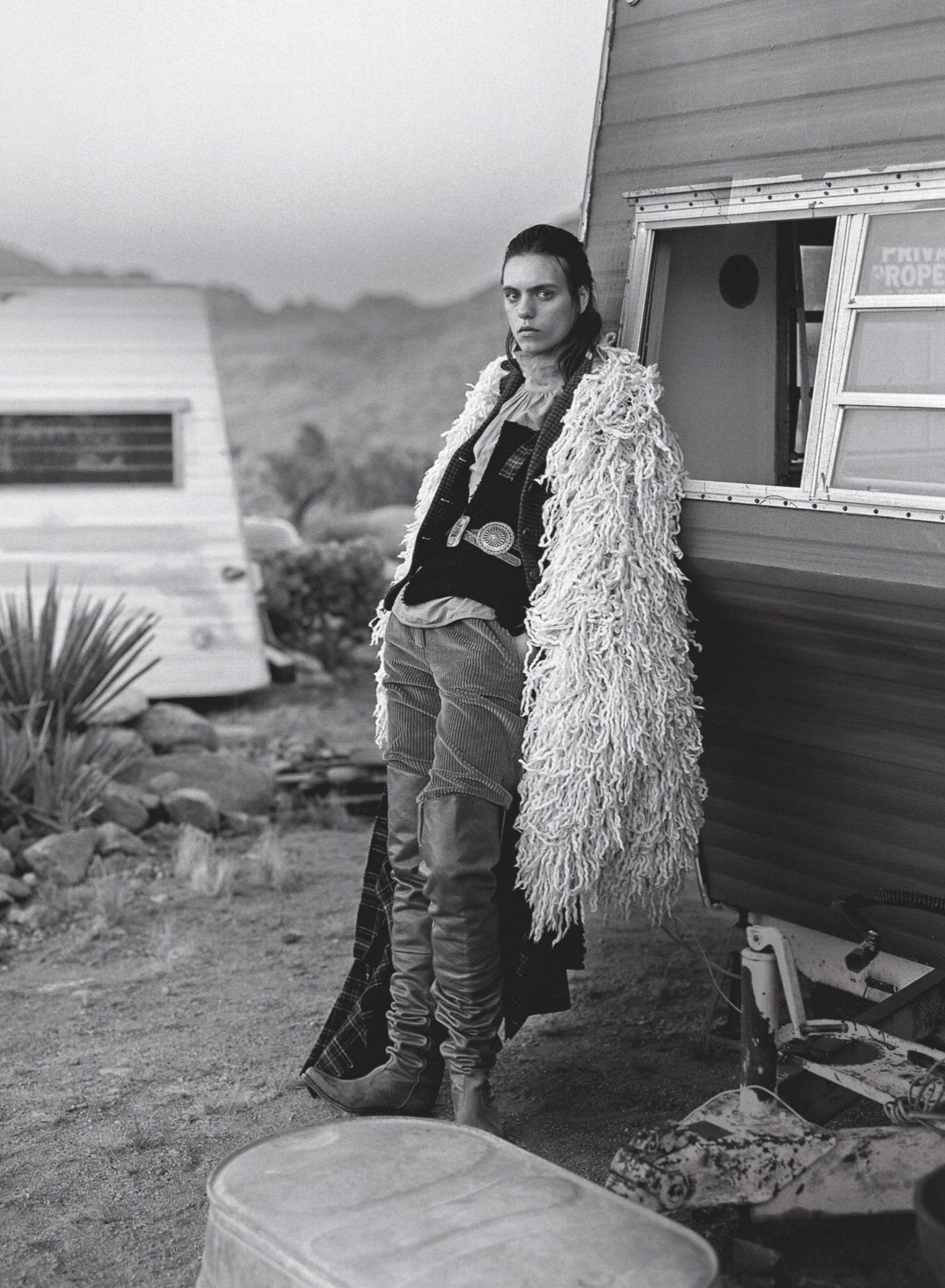
This page: wool cape, **£1,090**, Salvatore Ferragamo; wool jacket, **£1,900**, Proenza Schouler; silk-satin and silk-lace corset, **£360**, Carine Gilson; cotton blouse, **£300**, Isabel Marant; leather trousers, from a selection, Forte Forte; leather boots, **£1,949**, Vetements at Browns; earring, model's own

Opposite page: green wool and cotton cape, **£650**, Tommy Hilfiger; green leather trousers, as before





Black wool coat, **£770**, Isabel Marant; beige cotton and viscose-mix blouse (just seen), **£70**, Pepe Jeans; brown and beige wool and cashmere skirt, about **£605**, Kolor at Selfridges; tan leather boots, **£1,949**, Vetements at Browns



This page: wool and cotton cape, **£650**, Tommy Hilfiger; cotton jacket, about **£1,144**, Yohji Yamamoto; silk shirt, **£270**, Zadig & Voltaire; brass earring, about **£145**, Acne Studios

Opposite page: cream wool coat, **£3,950**, Ralph Lauren Collection; green wool tweed jacket, **£395**, Polo Ralph Lauren; cream cotton-mix shirt, about **£195**, Dries Van Noten at Harvey Nichols; green corduroy trousers, **£150**, Sessùn at Liberty; tan leather boots, **£1,949**, Vetements at Browns; black leather and metal belt, **£655**, Polo Ralph Lauren; black and red wool dress (held by model), about **£975**, Y's Yohji Yamamoto





Black cashmere and wool coat, green and brown wool tweed waistcoat, and cream silk chiffon dress, all from a selection, DSquared2; green leather trousers, from a selection, Forte Forte; tan leather boots, **£1,949**, Vetements at Browns





This page: wool jacket, **£1,900**, Proenza Schouler; silk-satin and silk-lace corset, **£360**, Carine Gilson; cotton blouse, **£300**, Isabel Marant; leather trousers, from a selection, Forte Forte

Opposite page: wool tweed and leather jacket, **£460**, La Prestic Ouiston; corset, as before; cotton-mix blouse, about **£193**, Dries Van Noten; cotton skirt (just seen), about **£510**, Y's Yohji Yamamoto; felt hat, about **£165**, Stetson







Black-and-white snake-print shearling gilet, **£3,930**, black-and-white ecru silk-muslin top, **£900**, and black-and-white fil coupé skirt, **£870**, all Lanvin; khaki cotton trousers, about **£510**, Y's Yohji Yamamoto; black leather boots, from a selection, The Frye Company; black felt hat, about **£165**, Stetson



This page: cowhide, wool and polyester cape, **£4,900**, Sacai

Opposite page: rust suede coat, **£4,246**, Maison Margiela; grey, black and white wool waistcoat, from a selection, Vivienne Westwood Gold Label; white cotton blouse, about **£635**, Y's Yohji Yamamoto; green corduroy trousers, **£150**, Sessùn; black leather boots, **£276**, The Frye Company; brass earrings, about **£145**, Acne Studios

Hair by Hélène Bidard at ArtList. Make-up by Anthony Preel at Airport Agency. Model: Corinna Ingenleuf at Elite Model Management Paris. Casting: Emilie Le Goff. Production: Legend Photo



HOME TRUTHS

FROM TEEN STAR TO THIRTYSOMETHING MUM, CLAIRE DANES HAS NAVIGATED LIFE, LOVE AND A STELLAR CAREER WITH GRACE, WIT AND A BUCKETLOAD OF TALENT. OH, AND SHE'S REALLY COOL, TOO

Photographs by MATTHIAS VRIENS-McGRATH
Styling by JAYNE PICKERING *Words by* JUDE ROGERS



Jumpsuit, Roland Mouret; earrings and ring, both Solange

TODAY'S COVER STAR IS LATE. AN HOUR LATE. HOW crushing when the signs looked refreshingly unstarry (just as this actress has always seemed to be), our meeting place a homely monastery-turned-cafe in Berlin's fashionable Kreuzberg. It's now empty of customers in the mid-afternoon slump, its soundtrack a waitress's flip-flops, my heart rate and tumbleweed.

An hour and five minutes. An hour and ten. Then, all of a sudden, *whoosh*… through the door comes a river of blonde hair, a white 60s-style shift dress and that wide-open, oddly pretty-pointy face so many of us have grown up with. Its owner is far more glamorous in the flesh than she appears on TV. Her skin is soft and glowing from the dash from the cab, with little laughter lines lifting rather gorgeous green eyes that shoot to the heavens when they see me. 'Oh god, I told the waiter to tell you my shoot was running late. I thought you were a boy!' she exclaims, shaking her head and hugging me. 'I'm so, so sorry.' Apologies continue for the next hour. Claire Danes is lovely after all.

Over foamy cappuccinos it becomes obvious that 36-year-old Danes, who is currently in Berlin to shoot season five of *Homeland*, is something else, too – totally cool. Even though we've known her since playing hip teenager Angela Chase in *My So-Called Life* 21 years ago, she isn't often associated with that term. The press focuses on the private, professional actor who has only had three long-term partners (singer-songwriter Ben Lee, actor Billy Crudup, and husband of nearly six years, Hugh Dancy) and who lives a family life far from the paparazzi's prying eyes. Nice as pie? That isn't edgy clickbait in today's ravenous, 24-hour pop-culture marketplace.

But here's someone who had the unconventional boho background and the brains to survive. Her artist parents Carla and Chris met in the 60s and turned their Manhattan loft into a groovy kindergarten with trampolines and trapezes when Danes and her older brother Asa came along. 'My mom was Mother Goose of SoHo,' she says. As a 15 year old thrust into the limelight – the bottle red-haired heroine for kids growing up in the early 90s – things could have been different. But any precociousness was counteracted by a wry savviness. When David Letterman said she had the 'poise and presence I wouldn't associate with a 16 year old' in her first TV interview (shortly before she went on to film the lead in Baz Luhrmann's *Romeo + Juliet*), she quipped, 'Next year, when I'm 17, who knows!'

She was smart in quitting acting to go to Yale University in 1998. '[I wanted] to try and socialise myself, because I was starting to feel a bit strange, a little on the fringe of my generation, my contemporaries. I was a problem.'

Today, Danes talks unselfconsciously, refreshingly and thoughtfully. Did it work? 'Yeah! I learned how to think in an analytical way, how to basically read and write, and I wasn't a freak any more. And I knew how to hang!'

Moreover, it gave her the confidence to embrace career curveballs, such as a stint in Eve Ensler's *The Vagina Monologues*, and a well-received dance piece for an East Village performance space. Next was her award-winning performance as an autistic scientist in HBO's *Temple Grandin*, and then along came Carrie Mathison. Since 2011, Danes has played *Homeland*'s bipolar CIA agent with staggering intensity and intelligence, while either being pregnant or a new mum for the bulk of it. A best-actress victory for the fourth time at 2013's Golden Globe Awards (to add to her three Emmys), she thanked her then-one-month-old son, Cyrus, 'who's upstairs with my parents, for being so game in this war against terrorism'. Now that's cool.

This season, Carrie's left the CIA to work for a German billionaire, taking her baby daughter with her, and – Danes winks as she says this – 'a hot new German lawyer boyfriend' (played by *Inglourious Basterds*' quite-hot-indeed Alexander Fehling). Carrie might begin the series happy for a change, but Danes isn't very happy today. Why? 'It's the first time I've been away from both my boys for more than a night,' she says, sadly. Danes met Dancy while filming 2007 drama *Evening*, and they married quietly in France in 2009. Cyrus arrived in December 2012. The family travel as a unit around Mum and Dad's film sets, but this week Dancy's taken Cyrus to France with his parents while Danes gets on with work.

'It's incredibly challenging, more than I ever anticipated – and confusing,' she admits. 'In some ways it's great to have so much freedom. My first day I had off, I just hit the sales.' She wiggles some new Birkenstocks. 'Forty dollars, man… and they're iridescent! But there's also this fear that I'm free-falling, that there's a limb missing. I'm constantly calming myself down, like, "It's OK, it's OK."'

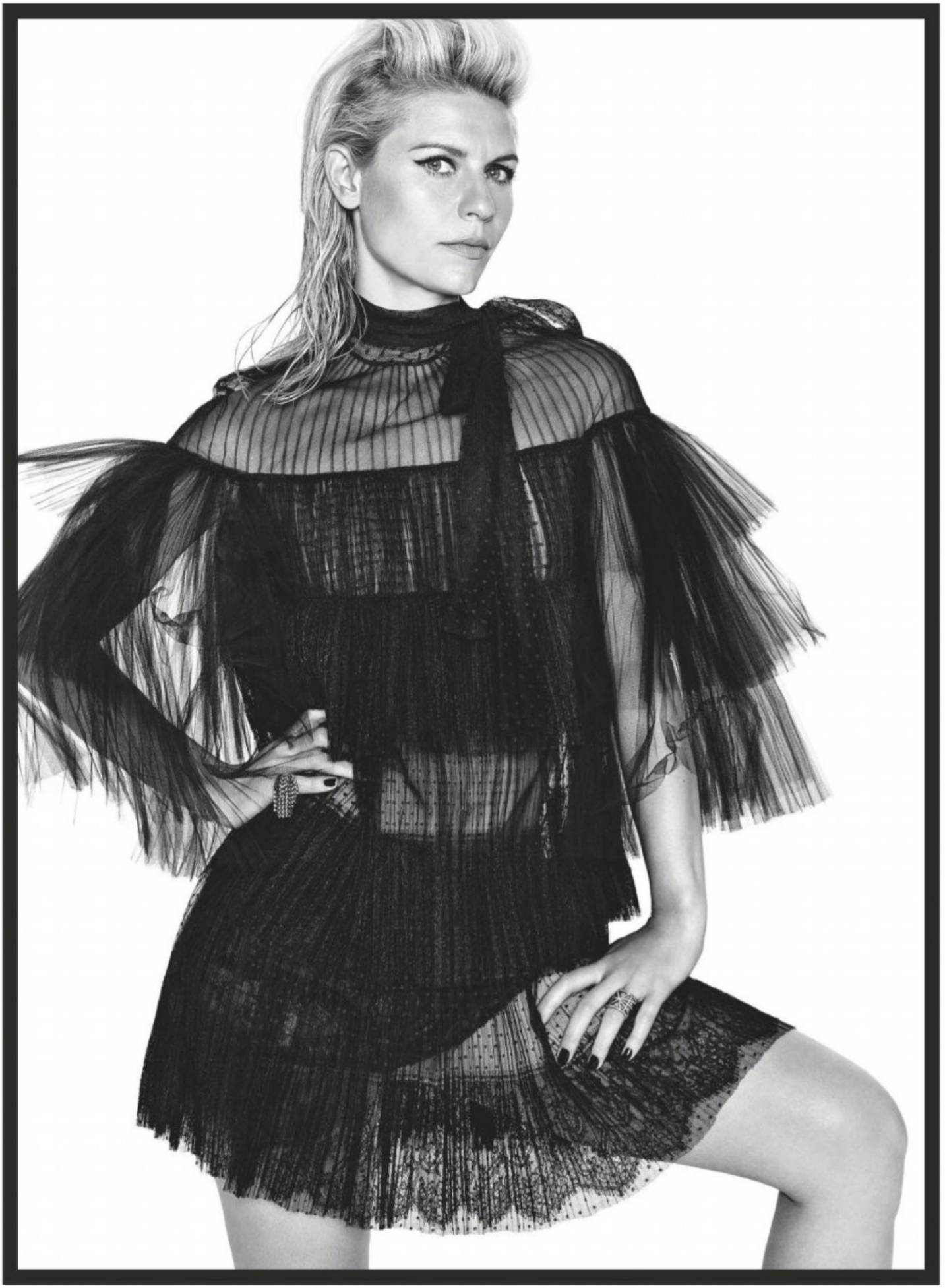
'IT'S THE FIRST TIME I'VE BEEN AWAY FROM BOTH MY BOYS FOR MORE THAN A NIGHT. IT'S INCREDIBLY CHALLENGING'

Danes has been feeling cast ashore in *Homeland*, too, she admits. After all, the show used to be a two-hander, with Damian Lewis playing her US marine target and later lover Nicholas Brody. He left properly at the end of season three (no spoilers for those of you ploughing through the box sets, but he had quite the exit) and since then, it's basically been her show.

Empowering or scary? 'Kind of scary! I knew that taking it on was possible, but I really, really missed and continue to miss [Lewis].' She looks genuinely bereft as she speaks. 'He's very ▶



Dress and sweater, both Max Mara; earring and ring, both Delfina Delettrez



This page: dress, Erdem; earring, Delfina Delettrez

Opposite page: dress, Valentino; rings, both Solange



charming and a bit of a cut-up' – that's American slang for a joker. 'I don't have the same rah-rah spirit on set, which I'm always embarrassed about. He would do the tap dancing, which I found helpful. And now, I'm like…' (She looks around like a lonely fawn) 'Oh.' She'd love to work with him again. 'It would be so fun to do that in a different story and under different guises.'

Last season involved a tough storyline in which Carrie is suffering from postnatal depression and considers drowning her and Brody's baby daughter. Danes is honest about its effect on her. 'It wasn't great, especially when I had a child the same age. And I am far from having murderous feelings about a child, but I know the complexity of what it is to be a mum, even when everything's going well. There is resistance and there is resentment, even if you're not in a postpartum agony.' It's great to hear someone like her saying the unsaid. 'It's one of the last remaining taboos, really.'

Can she imagine having another child? 'We'd like to. I don't know how we're going to do that with all the juggling, but (she smiles like a Cheshire cat)… yeah!' Having solid family support is everything. 'It's vital. I can be much more omnivorous and daring in my career if I feel safe. I'm lucky that Hugh and I both want that kind of experience. We are very interested in what it is to be married and we love each other.'

'THERE ARE MORE FEMALE DIRECTORS AND PRODUCERS, AND WOMEN ARE STARTING TO HAVE A DIFFERENT KIND OF CONFIDENCE'

Their relationship sounds like good fun. 'He is very British,' she smirks at herself. 'There is irony, which is very nice, and self-deprecation, and awareness of one's relationship to others, which translates into politeness, which can be very elaborate and very indirect. Sometimes [his politeness] is too much for me. "What are you actually *saying*, man?!"' She smiles and shakes her head. 'I love being married to him. He just happens to be English.'

They still have date nights – something out of the routine, like going to a new place to eat – and they love music, with Dancy being Danes' number-one informer on the subject. 'He's always culling different artists from lists in *The Guardian*. He'll play something and I'll think, "What's this?" He'll say, "Oh it's so-and-so," and I'll be like, "You didn't tell me about it before now?"' Recent loves include Canadian electronic-pop artist Caribou, and indie singer-songwriter Natalie Prass – plus Danes sings Velvet Underground songs with Cyrus.

Me time, meanwhile, is spent running to podcasts such as Dan Savage's *Savage Love* (a very funny, pretty explicit sex advice show – take that, nice-as-pie taggers) and the *DoubleX Gabfest* (cool feminist pop-culture programme). 'I love my little voices,' says Danes. 'I have my little friends with me, and I just go.' She once stomped around London on her own in a pair of wellies. 'I decided to walk from Hampstead Heath back to my hotel in Soho,' she explains. 'I have no sense of direction at all – it's like a disorder or something – so my game was to just choose random people [to ask and help me] find my way home. It took all day, and my feet were bloody and raw!'

In this season of *Homeland*, Danes has happily been more involved in the creative process, and even attended the writers' pre-show seminars, which involve sitting in on conversations with 'clandestine figures' with knowledge of secret intelligence. Obviously, she can't divulge details. 'But my god, it's hugely illuminating. My head is just spinning by the end of it.' She believes things in general are changing for women who act, too, which she is very excited by. 'There are more female directors and producers, and women are starting to have a different kind of confidence. Essentially, we need modelling, don't we? To see that somebody else can do it, and there are lots more examples of that.' She mentions her friend Lena Dunham, who is seven years younger than Danes and grew up in the same neighbourhood. 'She just is so turned on creatively that she doesn't let it inhibit her. She takes the space like she is the space. I've been very positively influenced by that.'

Danes recently acted outside of *Homeland* for the first time in five years in new sitcom *Masters Of None*, with *Park And Recreation*'s Aziz Ansari, in which she plays an adulterous food critic. 'It was a real kick to try my hand at something so very different; it was loose and silly.' Going forward, she'd love to assemble a whole character like she did with Carrie. 'I mean, I'm still exploring Carrie, but the architecture's there.' She checks herself and smiles. 'Hey, maybe I should do something on a slightly more human scale, where the stakes aren't so very high and where I'm not actually saving the world.'

Then she checks herself again, in that characteristically nerdy, but very sweet way. 'Actually, I would love to dance again, but I'm going to be middle-aged in, like, two seconds. But Juliette Binoche did a dance piece when she was in her forties, didn't she? If she could do it, maybe I could.'

As we prepare to go our separate ways, she shows me videos of Cyrus on her phone, including a very adorable one of him saying thank you to a caterpillar crawling up her arm. It strikes me how unusual and wonderful her sociability, combined with her grounded sense of self, really is. That girl from our teenage years, this woman whooshing right back out of the door… this is what cool looks like for sure, right now, right on time. ■

The new series of Homeland *airs on Channel 4 this October.*

HAIR BY RENATO CAMPORA USING ORIBE HAIRCARE FOR THE WALL GROUP. MAKE-UP BY JO STRETTELL USING DIOR AT THE MAGNET AGENCY. NAILS BY APRIL FOREMAN AT THE WALL GROUP



Dress, Michael Kors Collection; earrings, Chanel



TIME WARP

RETRO-STYLE WATCHES ARE HAVING A MOMENT. WIND BACK THE CLOCK FOR AW15'S HOT NEW FACES

Photographs by DAVID NEWTON
Styled by LUCIA DEBIEUX



This page: 18ct red-gold, diamond and mother-of-pearl 'De Ville Prestige Dewdrop' watch, **£15,875**, Omega

Opposite page, from top: leather and steel 'Emprise' watch, **£2,030**, Louis Vuitton; polished steel and brass 'Carrera Ladies' watch, **£1,700**, Tag Heuer; domed sapphire glass, ruby, leather and stainless steel 'DG7' watch, from a selection, Dolce & Gabbana

PROPS: PLANTS THROUGHOUT, GRACE & THORN; VASE, HABITAT


CARTIER
GUCCI
PIAGET
SWISS MADE



This page, from top: 18ct-gold, diamond and mother-of-pearl 'Cadenas Sertie' watch, **£27,700**, Van Cleef & Arpels; gold-plated, silver and mother-of-pearl 'Classics Art Deco' watch, **£1,060**, Frederique Constant at Harrods

Opposite page, from top: 18ct rose-gold and leather 'Ballon Bleu' watch, **£7,050**, Cartier; PVD, diamond and mother-of-pearl 'Horsebit' watch, **£775**, Gucci; 18ct red-gold and leather 'Altiplano' watch, **£21,800**, Piaget

CANDLESTICK (OPPOSITE PAGE) AND VASE (THIS PAGE), BOTH HABITAT



This page, from top: 18ct-gold, quartz and leather 'Boy.Friend' watch, **£8,100**, Chanel; 18ct-gold, sapphire, patent-leather and mother-of-pearl 'Reflet' watch, **£7,250**, Boucheron

Opposite page, from top: 18ct-gold, stainless steel and diamond 'The Britain' watch, **£2,095**, Burberry; steel, quartz, diamond and leather 'VIII Montaigne' watch, **£3,100**, Dior; 18ct-gold and leather 'Day-Date' watch, **£14,800**, Rolex

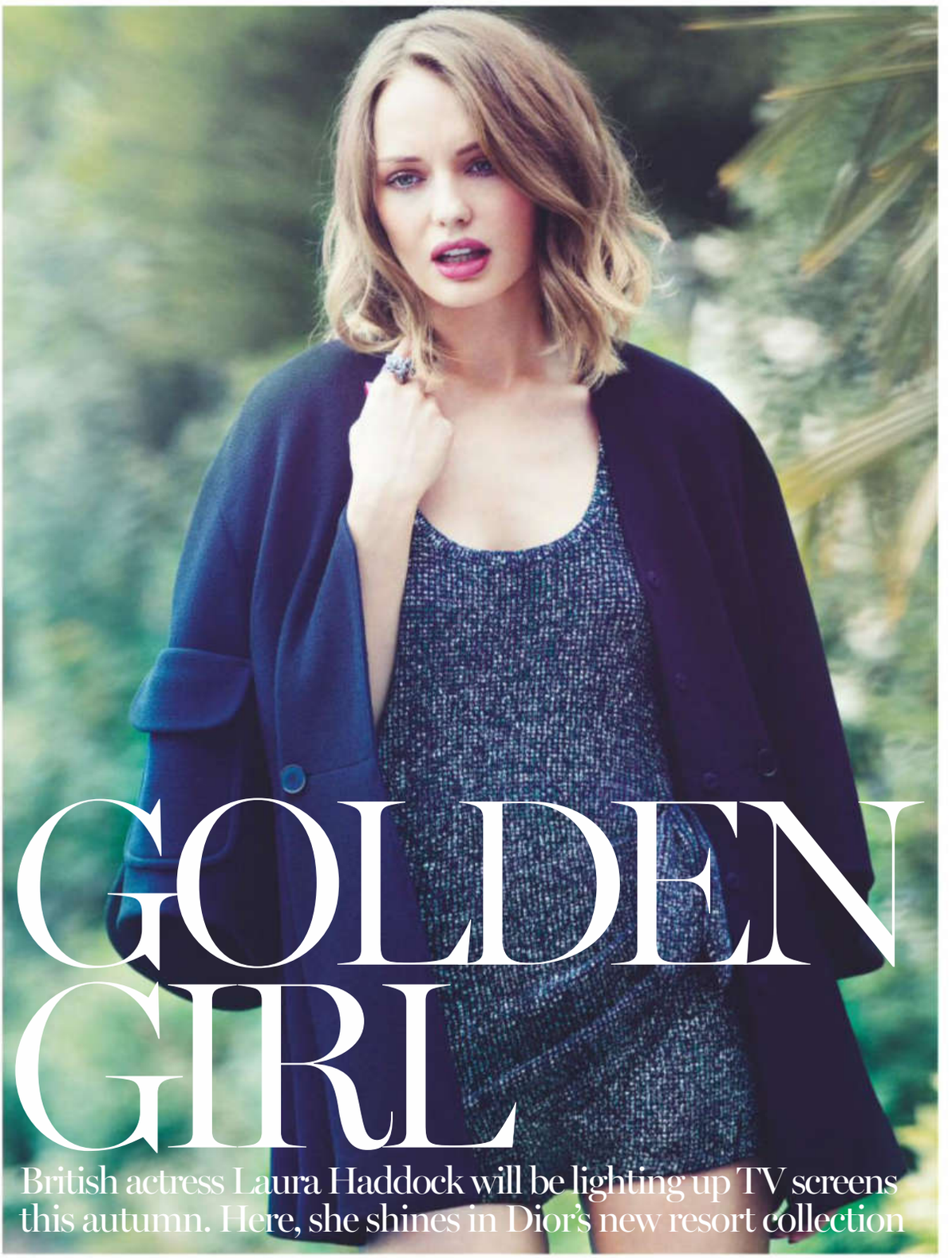
VASE, OLIVER BONAS. PROPS STYLED BY JULIA DIAS AT PATRICIA MCMAHON PHOTOGRAPHY





This page: dress, **£3,100**, and boots, **£800**, both Dior; rings, from **£19,000**, both Dior Joaillerie

Opposite page: jacket, **£2,300**, and playsuit, **£1,050**, both Dior; ring, **£39,000**, Dior Joaillerie



GOLDEN GIRL

British actress Laura Haddock will be lighting up TV screens this autumn. Here, she shines in Dior's new resort collection

Photographs by SIMON EMMETT *Styled by* JAYNE PICKERING
Words by MARTHA HAYES

LAURA HADDOCK WAS, BY HER OWN ADMISSION, A BIT GUTTED TO BE put forward for a part in the acclaimed BBC One crime drama *Luther*, which returns this autumn for a two-part special. Is the Brit TV staple and star of *The Inbetweeners Movie* – who is married to *The Hunger Games* heart-throb Sam Claflin – getting too big for her boots? Quite the contrary.

'When you're an actor *and* a fan, you just watch it like a regular punter and look forward to Monday at 9pm – until your agent goes, "I've sent you a script through from *Luther*," and you're like, "Oh god, now I'm going to know what happens!"' she explains. 'Then you think, "I'm probably not going to get it." So I'll know what happens and not get it. It's the only time in your life you're reluctant to read a script.'

But she did get it. Just like Claflin got the part in the sequel to *The Hunger Games* after they'd sat in their local cinema with a bucket of popcorn, watching the first film. That pinch-yourself, 'who, me?' modesty is integral to the appeal of 30-year-old Hertfordshire-born Haddock, at once a country girl-next-door – fully accepting of the inevitable fish jokes her name inspires – and bona fide red-carpet beauty, with just the right amount of grace and poise to model Christian Dior's new resort collection on our shoot today.

Luther was a surprisingly sartorial turning point for Haddock, well versed in corsets from her regular role in Fox's *Da Vinci's Demons*. 'When the costume designer called, I was ready to send him my sizes – all 60 different measurements,' she laughs. All it actually required was a day in Whistles kitting out her character, Megan – a blast from Luther (Idris Elba)'s past – in trench coats and fitted dresses. Nice.

I've never seen Haddock – first likened to Cameron Diaz when she started out in 2007 because of her blue eyes, full lips and naturally light brown hair bleached blonde – look 'rough' in a role, so I wonder if she feels her appearance has ever got in the way. 'I kind of felt that my hair colour got cast more than I did,' she nods. 'I came out of drama school and very quickly began to doubt my choice of career. The TV parts I was playing didn't have a lot of substance, and for a good few years I felt lost.'

The turning point was an audition for the 2012 remake of BBC One drama *Upstairs Downstairs*. Tanned and golden blonde from a stint in South Africa, and looking 'far too contemporary and commercial', she took things into her own hands. 'I said to them, if you give me this opportunity, I promise I'll go to the hairdresser's and cut all my hair off really short and dye it brown, and you won't even remember that I'm blonde,' she recalls. 'And maybe if you close your eyes while I'm doing this audition, it might be easier?'

Having met at an audition in 2011, when Claflin famously proclaimed (to his agent) that he'd just met the girl he wanted to marry, the couple now reside in west London. Two days before we meet, they celebrated their two-year wedding anniversary. I'm half expecting her to say – what most people concede – that married life is no different, so her candid response is very endearing: 'All of a sudden you feel like you have someone you really belong to, and everything feels that little bit safer. There's a team feeling; you have a buddy and a partner,' she smiles. 'We still feel very young when we talk about being at drama school, and getting drunk and getting the night bus. The reality of having a house and a car is very grown up, but other parts feel like we're a couple of kids on a play date.'
Luther *airs on BBC One in December;* Da Vinci's Demons: The Final Season *airs on First on FOX on 25 October at 9pm*



Top, **£2,800**, skirt, **£2,900**, and earring (just seen), **£410**, all Dior





This page: dress, **£8,300**, Dior; rings, **£39,000** each, both Dior Joaillerie

Opposite page: dress, from a selection, boots, **£870**, and earring (just seen), **£410**, all Dior

HAIR BY LEIGH KEATES AT PREMIER HAIR AND MAKEUP USING BATISTE STYLIST RANGE. MAKE-UP BY KELLY CORNWELL USING PARFUMS CHRISTIAN DIOR FALL LOOK AND CAPTURE TOTAL DREAMSKIN. NAILS BY MICHELLE CLASS USING DIOR VERNIS FALL LOOK, COSMOPOLITE AND CAPTURE TOTALE NUTURING HAND REPAIR CREAM



THE KEY PIECE
A double-breasted coat

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Coat, **£110**, ASOS

Cape, **£140**, Warehouse

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MILITARY

Battle the elements in utilitarian outerwear. Then add romance with ruffles and shearling

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£170, Phase Eight

£110, Office

Blouse, **£125**, French Connection

Waistcoat, **£32**, Next

Trousers, **£235**, Alexa Chung for AG Denim

Earring, **£89**, Amber Sceats

Poncho, **£39**, Urban Outfitters

Hat, **£19.95**, Gap

Coat, **£75**, River Island

STYLIST TIP
'A frilled blouse will give your military look a softer edge'

STYLED BY GRACE SMITHAM. PHOTOGRAPHS BY ELINA KECHICHEVA. STILL LIFES BY NOHALIDEDIGITAL.COM



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WINTER RADIANCE

A sensual New Romantic look was a major player at the autumn/winter shows – here's the easy way to get it

THERE'S A NEW COLOUR PALETTE on the block and it's perfect for creating a soft, radiant sensuality that will stand out during the darker days of winter. It's all about warm shades of apricot and ochre and a hint of caramel, which do wonderful things to brighten eyes, lips and cheeks. This is effortless, matter-of-minutes make-up that suits everyone and, best of all, you can find all the products you need to recreate the look with Boots. We want them right now. Get ready to shine.

'THIS IS EFFORTLESS, MATTER-OF-MINUTES MAKE-UP FOR EVERYONE'

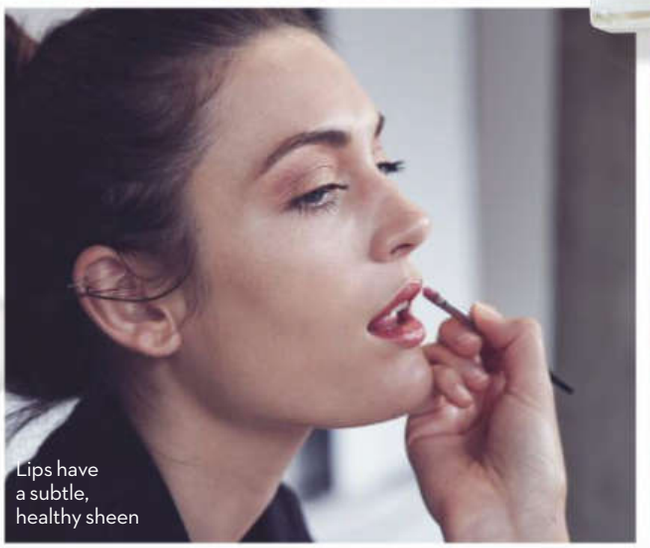
Clarins True Radiance Perfect Skin Foundation SPF15, **£27.50 for 30ml**, boots.com



Using a palette of blendable, complementary colours does the hard work for you

Max Factor Crème Puff Blush in Alluring Rose, **£8.99**, boots.com





Lips have a subtle, healthy sheen

GET THE LOOK

How to achieve this warm and sensuous look

THE FACE

Apply foundation with a brush, then blend with fingers for a flawless finish. Dust a sunkissed, sheeny blusher onto the apples of the cheeks for a warm glow.

THE EYES

Using a fluffy blending brush, sweep a mix of the two lightest shades in your palette across the whole lid. Add a darker colour in the crease for definition, and a touch of metallic gold to the middle of the lower lid.

THE LIPS

Apply a hydrating lipstick with a brush, then soften the edges using your fingers for a natural finish.



Simple, soft, pulled-back hair finishes the look

THE KIT

Your make-up bag essentials...

THE FOUNDATION

Clarins True Radiance Foundation SPF15, £27.50, boots.com, gives skin a soft and luminous base.

THE EYESHADOW

bareMinerals READY Eyeshadow 4.0 in The Soundtrack, £29, boots.com, is a warm, blendable palette.

THE BLUSHER

Use **Max Factor Crème Puff Blush in Alluring Rose, £8.99, boots.com**, to build up a natural cheek flush.

THE LIPSTICK

Estée Lauder Pure Color Envy Sculpting Lipstick in Defiant Coral, £25, boots.com, suits all skin tones.



Estée Lauder Pure Color Envy Sculpting Lipstick in Defiant Coral, **£25**, boots.com

bareMinerals READY Eyeshadow 4.0 in The Soundtrack, **£29**, boots.com



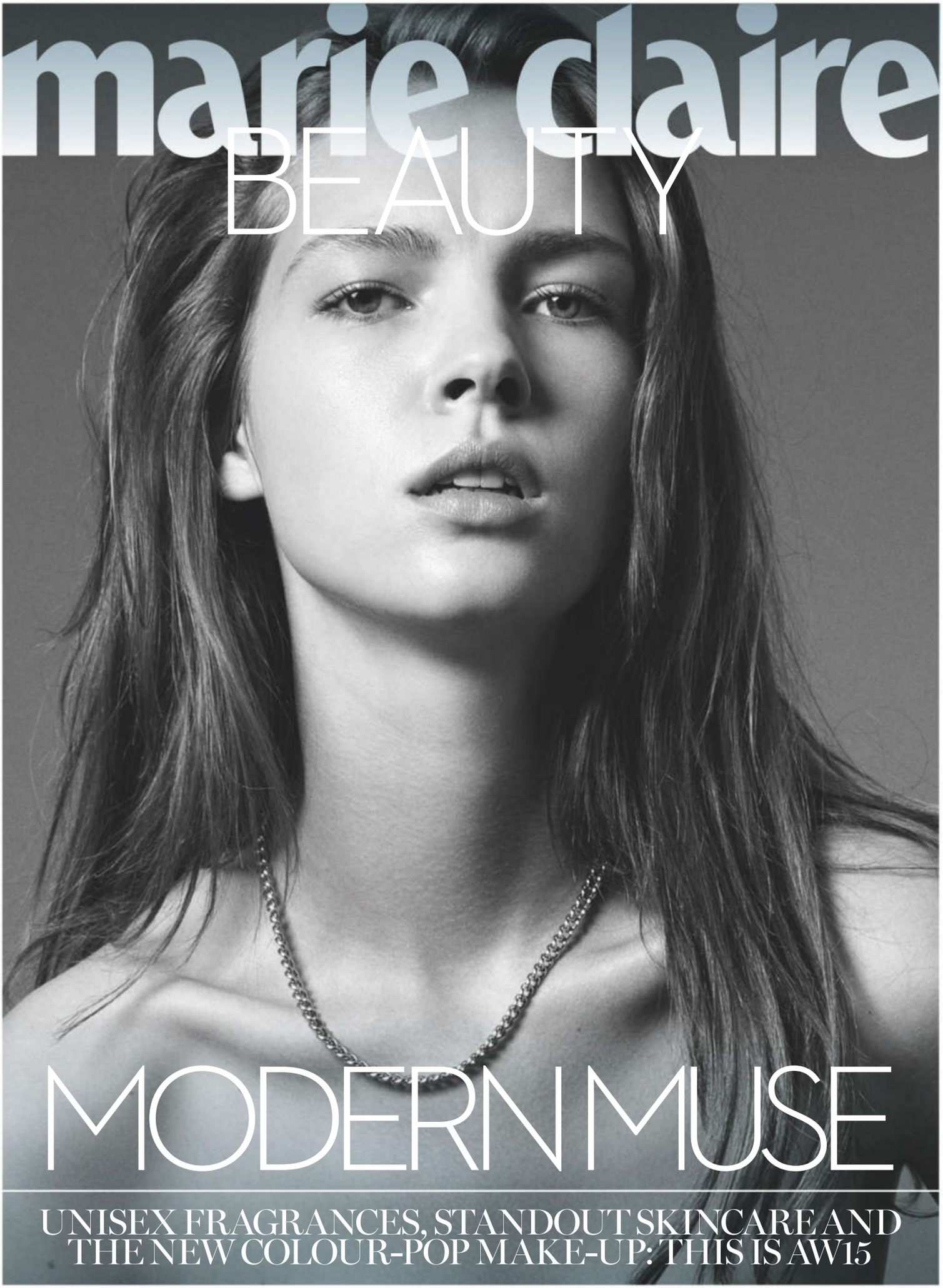
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marie claire

BEAUTY



MODERN MUSE

UNISEX FRAGRANCES, STANDOUT SKINCARE AND THE NEW COLOUR-POP MAKE-UP: THIS IS AW15

PHOTOGRAPH BY SONIA SIEFF FOR JULIETTE HAS A GUN GENTLEWOMAN CAMPAIGN

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L'ORÉAL
PARIS

BEAUTY NEWS

Futuristic foundations, a Miu Miu debut and the coolest collaboration *ever*



TOPSHOP UNIQUE

WINNING FORMULAS

The new liquid foundations contain high SPFs and skincare benefits. And the best bit? Their texture means they look just like your real skin, but airbrushed.

Best for dry skin: Bobbi Brown Intensive Skin Serum Foundation SPF40, £39
Its moisturising lychee and bamboo-grass extracts nourish your skin, while its high-tech pigments create a dreamy coverage.

Best for oily skin: Smashbox Camera Ready BB Water SPF30, £29
An oil-free formula that uses medical-grade liquid bandage technology to make it last all day. Magic.

Best for blemished skin: No 7 Airbrush Away Foundation, £16.50
Uses blurring polymers, this liquid foundation conceals uneven skin, leaving a silky veil of coverage.

DREAM CREAM

As winter looms, your skin needs a serious dose of moisture. But that needn't be pore-clogging and heavy. La Prairie's Skin Caviar Luxe Cream Sheer, £292, might be pricey, but the use of caviar and ingredients that promise to lift your skin means that a tiny bit goes a *very* long way.

FRESH FRAGRANCE

Sometimes (usually after a heavy night out), you just want a fragrance that smells fresh. That's where Miu Miu's first eau de parfum, £48 for 30ml, comes in. Its soapy-scented notes and clean hit of lily of the valley smell like a rain shower in a bottle.

POWER DUO

What happens when you cross iconic beauty brand Nars with pioneering fashion photographer Steven Klein? Only the best-looking make-up collaboration we've ever seen. There's plenty to choose from, including lipsticks and face palettes. Our fave? The Abnormal Female Lip Pencil Coffret, £45: three velvet lip pencils in a cool bullet-inspired casing. It's available from 1st November*, so start queuing now.

BRUSH UP

If you find choosing the right make-up brush almost impossible, try Bespoke Europe's new range (from £6.99), which is designed by make-up artists. It also donates 8-12 per cent of the profits to Look Good Feel Better, a charity that helps women affected by cancer regain confidence in their looks. Useful *and* worthy.

WORDS BY ANITA BHAGWANDAS. PHOTOGRAPH BY JASON LLOYD-EVANS. STILL LIFES BY PIXELEYES. *EXCLUSIVE TO NARS STEVEN KLEIN POP-UP STORE AND NARSCOSMETICS.CO.UK



SLICKER THAN YOUR AVERAGE

After months of scrunching in salty beach waves, we were pretty stoked to spy the sleek-as-you-like locks at Issa. Vidal Sassoon global ambassador Duffy eschewed all styling products and simply blow-dried freshly washed hair flat at the roots, using a round brush to add body through the lengths and ends. Jet-set, million-dollar hair with zero lotions and potions. We love.

HAIR FLASH

Strength boosters, weightless wonders, the ultimate date 'do and a solves-everything curl spray. What hair problems?

BOUNCE BACK

Ponytail seem finer today? Swedish scientists have discovered that we grow more hair in the summer to protect our scalps from the sun, but come autumn it starts to shed. You may have a little less mane, but you've got to look after what you've got, so work in TIGI S-Factor Papaya Leave-in Moisture Spray, £15.95, which contains strengthening keratin to ensure dehydrated strands don't snap. There's nothing like cheating nature.





Hair Genius

On the hunt for an easy evening look, we coaxed Orlando Pita, lead stylist for TRESemmé, to reveal how to get that Diane von Furstenberg messy bun

1. This style relies on neat ends, so get them in tip-top shape with a conditioning hair mask. Then blow-dry TRESemmé Get Sleek Creation Spray, £5.99, into the hair to give a smooth finish.

2. Spray hairspray on to your fingertips before drawing your hair into a ponytail, then twist until it coils into a bun. Secure with a band and bobby pins, pulling out a few pieces. The level of the bun is key – too high and it looks too ladylike; too low and it's a little old-fashioned. Ear level is best.

3. Gently pull out extra pieces around your temples. Finish with a mist of hairspray and smooth the ends with a touch more Creation Spray to get them sleek and structured.





CURL WONDER

If you have curly hair, you've probably worked out a few techniques over the years to keep it in check. Now Mizani 25 Miracle Milk, £16.45, has arrived to make the most of those curls. It says it has a whopping 25 benefits, including softening, heat-damage protection and de-frizzing. Pretty big claims, but even if you only need half of them, it's worth investing in.

GET THE GLOSS

Everything gets an update eventually and shine serum's version 2.0 is glossing mists. Don't get us wrong, the liquid formulas were great for coarse hair, but if your locks are on the fine side, you easily got weighed down. We've been seriously impressed with Unite 7Seconds Glossing, £18.80, which gives such a light misting you'll be suspicious it's just air. Spray before heat styling or as a final flourish; either way it makes hair fabulous.



WORDS BY JESS LACEY. PHOTOGRAPHS BY JASON LLOYD-EVANS. STILL LIFES BY PIXELEYES



25% OFF HAIR AND BEAUTY AT SAKS

With party season looming, we've teamed up with leading UK salon group Saks to help you nail that killer look for less

WHETHER YOU'RE COVETING A NEW 'DO, POWER brows or luscious lashes, Saks has a menu – and experts in every salon – to indulge you. Fancy a relaxing facial, or a two-hour Sensory Heaven treatment? Consider it done. Up for a touch of IPL hair removal to see you through the season? You've come to the right place. Saks even offers 3D-lipo body contouring (a firm favourite with celebs) alongside its head-turning new hair looks created by expert stylists, who continue to provide Saks' signature stunning cuts and colours for a discerning clientele.

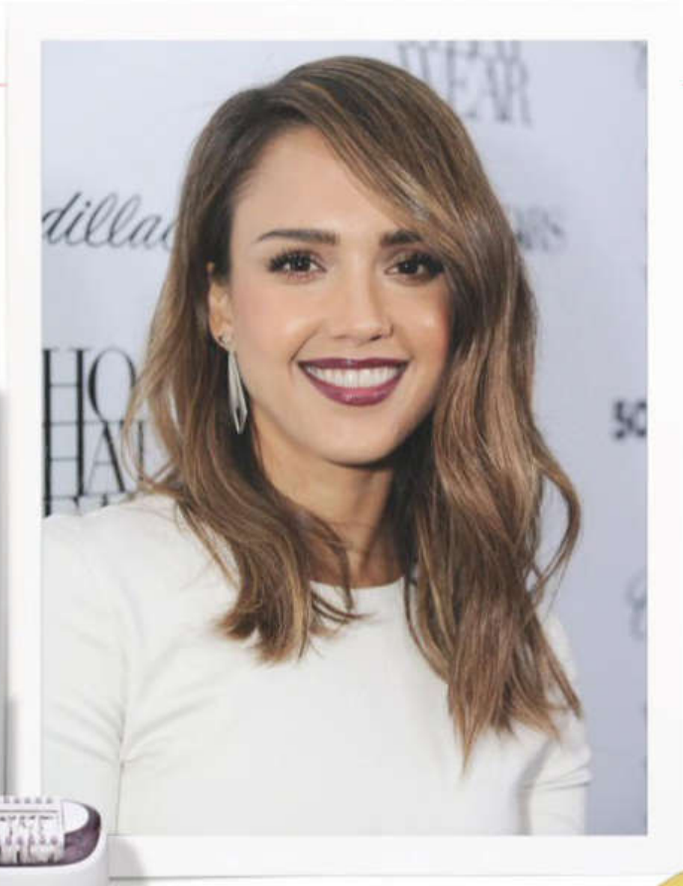
To celebrate 20 years of beauty services at Saks, *Marie Claire* is offering readers an exclusive 25 per cent off selected hair and beauty treatments*. To find your nearest participating salon, visit saks.co.uk and book mentioning *Marie Claire*.

Plus, to help fight women's cancers with Saks and The Eve Appeal, text SAKS15 and your donation (£2, £5, or £10) to 70070. Visit saks.co.uk for details.

Saks supports the eve appeal fighting women's cancers

Saks HAIR & BEAUTY www.saks.co.uk

Terms and conditions 25 per cent off *selected hair and beauty services with selected staff on selected days at participating Saks salons until 30 November 2015. Mention the offer at time of booking and bring this page to the appointment. Contact your local salon to find out if it is participating. Not valid on homecare, gift vouchers, UV tanning or clinics, and cannot be used with any other offer. Services may vary from salon to salon and are subject to availability. Only original pages will be accepted – photocopies are not valid. No cash alternatives will be offered.



1. John Masters Organics Sea Mist Sea Salt Spray, £16 2. Ilia Lipstick in Femme Fatale, £22 3. Jane Iredale Purepressed Base Mineral Foundation, £43 4. Braun Silk-épil 9, from £149.99 5. Darphin Chamomile Aromatic Care, £45 6. Weleda Wild Rose Smoothing Facial Lotion, £16.95





MY BEAUTY RULES *JESSICA ALBA*

The *Sin City* actress and founder of The Honest Company talks on-the-go essentials, and why she likes to keep things natural

I never wax – I epilate, because the hairs take ages to grow back. It's so easy to do at home or when I'm away. I love the Braun Silk-épil 9, because it has an attachment that turns it into an exfoliating brush, so I don't have to haul two devices around when I'm on the go.

Natural products are essential to me. Right now, I'm using Darphin Chamomile Aromatic Care on my skin every night. It's a blend of essential oils, and is so soothing. I really like Dr Hauschka and Weleda moisturisers, too.

This is my morning routine... I always cleanse and gently exfoliate my face before putting on face oil, and then follow it with sun protection. I like all sorts of different ones, but I always make sure I use at least an SPF 30.

It's so easy to make your own body exfoliant. I use jojoba, coconut or olive oil as a base, then add fine sugar and vanilla extract. If I want something more invigorating, I'll also add coffee grains.

I still have to top up my tan sometimes, even though I'm Mexican and was lucky enough to be born with golden skin. I have a spray tan if I'm going on vacation, so I have an even colour all over.

I'm pretty low maintenance with make-up. I wear concealer, a touch of foundation, cream blush, mascara and lip balm. When I travel, I pack those things and add make-up wipes, a hand sanitiser and healing balm, all from my The Honest Company range. If I need to up the ante, I like Ilia lipstick in Femme Fatale.

My hair is usually dyed for movies, so I'm not fussy about it. It wouldn't be good to get too attached to it looking a certain way. To help it recover, I just condition it a lot. Sometimes I sleep with a mix of conditioner and oil on the ends to really inject moisture. If I need to style it quickly, I use John Masters Organics Sea Mist Sea Salt Spray.

Wearing a flattering outfit helps motivate me to work out. I always catch a glimpse of myself in the mirror during classes, so don't want to hate the way I look. I love Sweaty Betty, because it has so much choice.

This morning, I ate half a croissant and had a green juice. I also had two giant coffees with almond milk. I wouldn't call that obsessively healthy, but I just aim for balance and like to eat as many natural and fresh things as possible. I always avoid packaged food, as I hate the way everything that comes out of plastic tastes exactly the same.

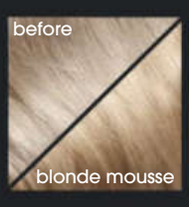
INTERVIEW BY MADELEINE SPENCER. PHOTOGRAPHS BY PRESS ASSOCIATION. STILL LIFES BY PIXELEYES

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EXCLUSIVELY AT BOOTS

The scent agenda

Unisex fragrances may sound a bit 90s, but the new androgynous scents are the epitome of cool – and politically powerful

Photographs by SONIA SIEFF *Words by* ANITA BHAGWANDAS

Nobody wants to smell like a 'type': a gender, a group, a tribe. We're all individuals, and culturally we've moved beyond that. In the UK, gender-neutral title 'Mx' is being considered for use on official forms alongside Miss, Mr, Mrs and Ms. Across the Atlantic, department-store giant Target is changing signs within its stores to be non-gender specific. And that's just two examples. We're entering a new age when it comes to male and female – none of us is entirely stereotypically either – so why shouldn't our scent choices be transient, too?



Fragrance redefined

We couldn't help but be struck – tasered, actually – by the newest scent from French fragrance house Juliette Has A Gun. With citrus and woody notes, Juliette Has A Gun Gentlewoman EDP, £75 for 50ml, is a feminine scent that also has an equally strong breeze of masculinity. Perfumer and founder Romano Ricci explains, 'I wanted to give women a dash of dandy – it's composed like an eau de cologne, where the main focus is the quality of ingredients. It embodies the modern woman, and is full of character and complexity.' ▶

Home comforts

Another way we're expressing our identity is through our creative spaces and homes (you only have to look at Instagram for hundreds of #shelfies), and this includes how our environment is scented. Gone are putrid, floral air fresheners – Aveda Chakra Mist, £30 for 100ml, and Roques O'Neil Therapie Restore Aura Spray, £26 for 100ml, will work to alter your mood, not just mask odours. Likewise, the majority of candle-makers have moved away from the notion that only women like candles, in favour of a more pared-back, unisex aesthetic. Parisian brand Astier de Villatte is leading the charge with its monochrome packaging (we recommend the evocative Honolulu Scented Candle, £60 – a true delight for the senses). Jo Malone London has always aligned itself with elegant, rather than gender-specific, products and the Oud & Bergamot Scented Candle, £50, epitomises that to smoky-sweet perfection. Another favourite is Couverture's No Chemicals Candle, £60, which nails the hipster apothecary style, but for a lighter, less pricey alternative, try Sanctuary Spa Winter Bark & Sage Diffuser, £16.





Girl meets boy

Our roles are changing at work and home to be more aligned with our authentic selves, and that's the target Juliette Has A Gun's Gentlewoman is aiming for. That self isn't gender dependent, which is why Comme Des Garçons X Pharrell Williams Girl EDP, £80 for 100ml, was such a big hit when it launched earlier this year. The peppery scent seems traditionally masculine, yet the soft drydown is anything but blokey. Another rule-breaker is perfume designer (and perfumer to many of Hollywood's elite) Azzi Glasser, who has included a unisex line within her new collection, The Perfumer's Story. Designed to work with personality rather than gender, the standout fragrance is Sequoia Wood EDP, £95 for 30ml, a sublime fusion of neroli and white musk which Glasser herself wears. Another scent based on personality rather than gender is Etat Libre D'Orange Remarkable People EDP, £70 for 50ml, which mixes wistful champagne, deep-thinking sandalwood and fiery cardamom for a unique scent. ▶

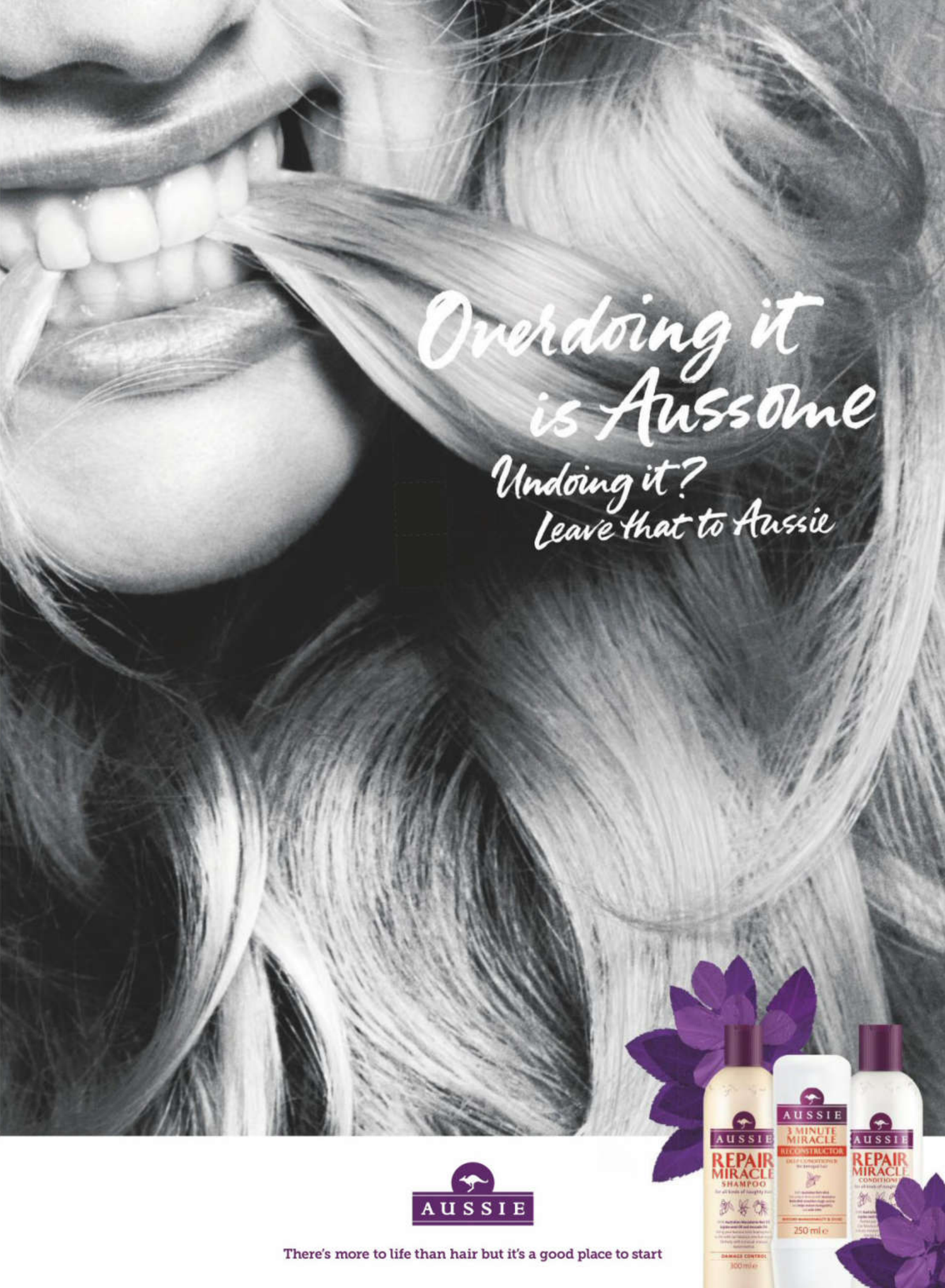


Bottle the night

Evening scents shouldn't trumpet sexiness or strength. Rather, they're a signal to change your mindset for the evening's forthcoming antics – whatever they may be. Though a traditionally masculine range, Dior Eau Sauvage Cologne, £67.50 for 100ml, is edgy and brilliant as a bergamot-laden evening fragrance (another great choice is Tom Ford Venetian Bergamot EDP, £142 for 50ml, which smells like the Italian countryside). Conversely, the sweet yet peppery notes in Marni Spice EDP, £69 for 65ml, and Clinique Aromatics in Black EDP, £55 for 50ml, lend themselves to anyone looking for a hit of sultry darkness, as does Etro Marquetry EDP, £118 for 100ml. But two scents that truly blur the gender lines are Givenchy Gaiac Mystique EDP, £150 for 100ml – a fusion of powdery and incense notes – while Malin + Goetz Dark Rum Perfume Oil, £38 for 9ml, is an olfactory mind warp, with sweet and bitter elements working together. Exciting times for whoever you are – or want to be. ■



PHOTOGRAPHS FROM JULIETTE HAS A GUN GENTLEWOMAN CAMPAIGN (SELFRIDGES.COM)

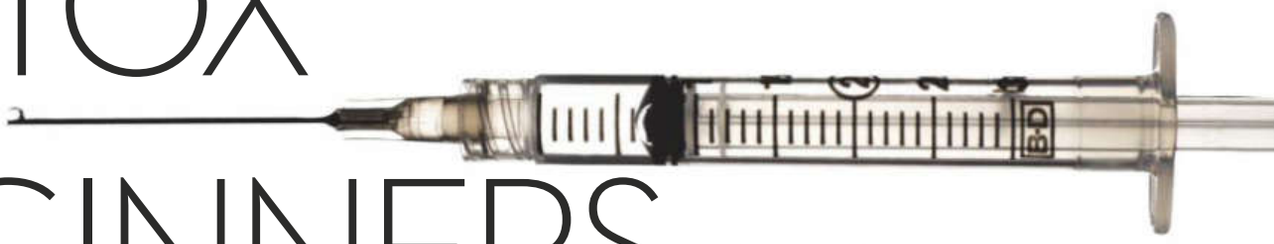


AUSSIE

There's more to life than hair but it's a good place to start

BEAUTY CLINIC

BOTOX FOR BEGINNERS



Intrigued, tempted or terrified by the thought of Botox? *Jess Lacey* gets to the sharp end of the world's number one non-invasive cosmetic procedure

WHY DO IT?

If you've laughed, cried or been seriously hacked off any time in the last decade, probability dictates that you'll have the lines to show for it. There are 42 muscles in the human face that move with your expressions, lying under skin that's only 1-2 mm thick. Years of stretching that surface, coupled with the gradual thinning of the skin layer, naturally causes fine lines. 'Botox blocks a nerve's ability to send its chemical message to muscle telling it to expand or contract,' explains Botox expert Dr Sebagh. It's this effect that's caused it to gain global popularity.

BUT IS IT SAFE?

'All Botox is derived from botulinum toxin [scary name, but it's synthetic – not a poison], which was discovered in the 19th century. However, it was only in the 90s that Botox was recognised as a cosmetic treatment,' explains Dr Sebagh. There are four recognised manufacturers: Botox, Vistabel, Azzalure and Bocouture, and while they all differ slightly, the word 'Botox' tends to be used as a general term for all botulinum toxin treatments. It's important to know which brand is being administered and why, but it's more the amount that is injected that will determine the final effect. 'Everyone who tries Botox will see an improvement in their wrinkles,' explains Dr Jules Nabet, aesthetic doctor at the Medical Rooms in the Royal Garden Hotel, London. 'There will occasionally be a non-responder, but they are few and far between, maybe one in every 200 people.'

WHO'S IT BEST FOR?

The optimum time to have Botox is in your thirties, when lines start to form. Botox can lessen their appearance and, if used early, potentially eradicate them altogether. It has also shown strong results in treating non-cosmetic conditions, such as Bell's palsy, migraines, excessive perspiration and muscle diseases like multiple sclerosis. And don't confuse Botox with dermal fillers. While the former lessens the appearance of lines, the latter plumps up the volume of the skin when natural fat deposits break down with age, making it sag. The two complement each other, and are often used together to address both the texture and 3D structure of the face.

WHAT'S THE PROCESS?

Usually, there's no pre-emptive numbing, because the level of pain is so low that it doesn't warrant it, but you can always insist. First, your practitioner will take photos, so you can make a true before-and-after comparison. Next, they'll mark injection sites – between three and 15, depending on how many areas you've chosen to treat – then, it's injection time. Some swelling may occur, but bleeding and bruising are rare because the needles used are so tiny (around 0.5mm thick). The most common places to have Botox are on forehead expression lines, the vertical frown line between your brows, crow's feet and the nasal labial folds around the mouth, but there's also increasing demand for it on neck creases. Even though it's over in minutes, it can take up to four days for results to show, because you're waiting for the chemical to inhibit the nerve's ability to send messages. Done well, no one will know – you should just look fresher. ■

BEFORE YOU HOP IN THE CHAIR...



1 Because Botox is non-surgical, practitioners do not need to be registered with the Care Quality Commission (CQC). It's vital to research the person who will be carrying it out. Your best bet is cosmetic dermatologists or dentists, who have had years of learning the structure of the face.

2 You will have a consultation days before the treatment to give you time to consider it. Inadequate consultation time is a warning sign that you've chosen the wrong practitioner. You pay after treatment, so don't feel pressured, just walk away.

3 A good marker for cost is £195 for one treatment and results should last 12-16 weeks.

4 The frozen look is a sign you've had too much in one session. You should be able to move your face a little.

5 Immediately after Botox injections, there's a small risk of infection, so you need to wait around four hours before applying any make-up. Mineral-based cosmetics are best, as they're less irritative.

PHOTOGRAPH BY ISTOCK. BEFORE EMBARKING ON ANY TREATMENT, VISIT THE BRITISH ASSOCIATION OF AESTHETIC PLASTIC SURGEONS (BAAPS.ORG.UK); DR SEBAGH (DRSEBAGH.COM); DR JULES NABET (JULESNABET.COM)

Sssssssshhhhhh!

Keep it down.

There's an **Aussie girl** nearby who's been
burning both ends of several candles.
You'll easily spot her. **A bit sleep deprived.**
But with hair that's **wide-awake**
and as **fresh** as a field of well-rested daisies.
How's that even possible? **Aussie's**
Repair Miracle collection, that's how.
Even if you've been up
to **the unmentionable** (we won't ask),
these **hair-rehab** miracles,
will sort out your do in no time.

So go on. Find Your Aussome.

It's what all the best
Aussie girls do.

#FindYourAussome



AUSSIE

There's more to life than hair but it's a good place to start

Compressed lasts as long as a big can.

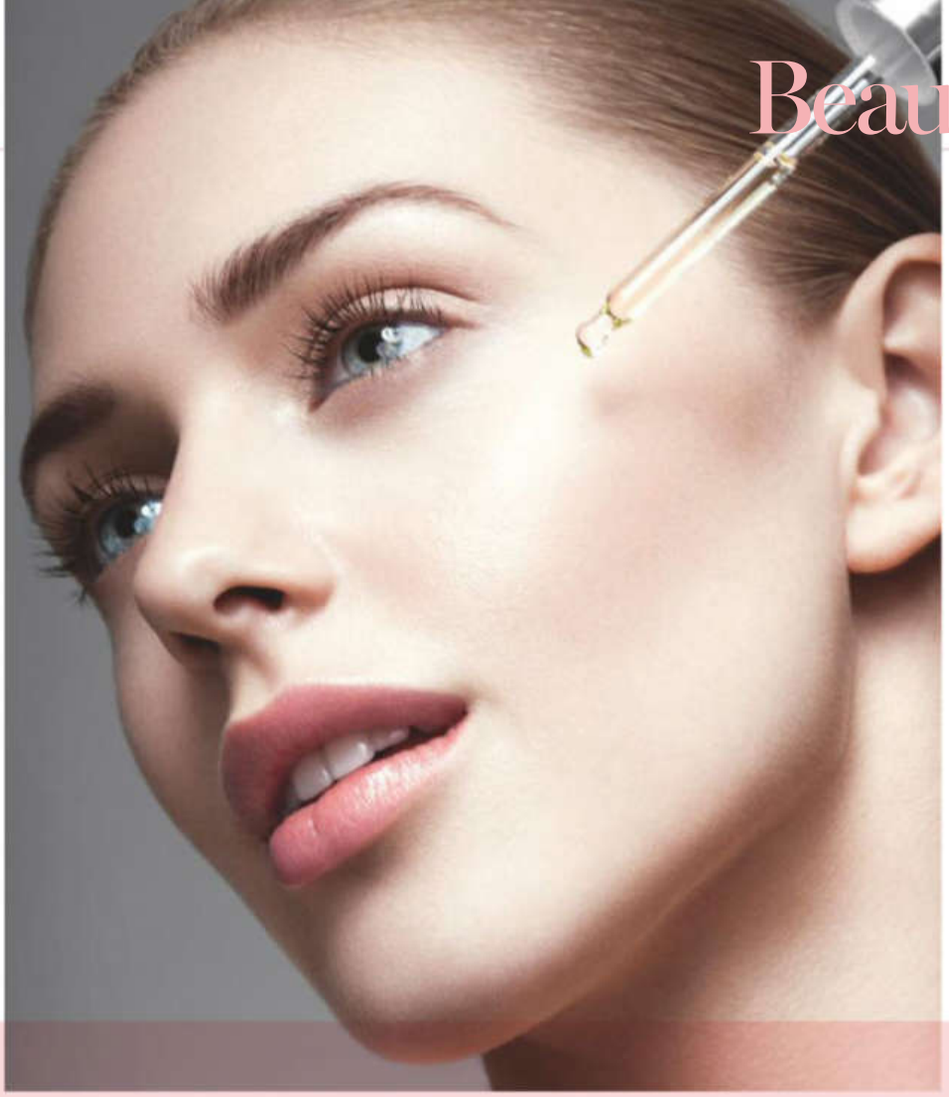
Try it and join the 9 million women who've chosen it.

Unilever



It won't let you down

Kantar Worldpanel data UK individuals & Ireland households of Compressed deodorant purchases from February 2013 to August 2015



THERE'S SOMETHING SO PLEASING about using a pipette. It's comically reminiscent of chemistry lessons at school, and also has the bonus effect of making you feel like a scientific genius every time you use one. Both the pipette and its ingredients have a key function, though. Products with pipettes tend to be stronger – the dropper is designed to make sure you don't overdose on active ingredients, and it's often the case that the glass vials containing the pipette are used to prevent sun-induced disintegration. 'Using a dropper means you have complete control. You can alter the dose daily to suit your skin's needs and your preference,' explains Marc Elrick, founder of Tan-Luxe.

In the domain we find ourselves in now – permanently assaulted by air conditioning and anxiety-induced breakouts – having a super-strong targeted solution that delivers on its promises is key. Embracing the new world of skin drops, either used alone or mixed into your existing skincare, will give you control over your regime again.

SKIN SCIENCE

BEAUTY DROPS

These potent potions will supercharge your skincare regime and bring the action where it's needed, says *Anita Bhagwandas*



PHOTOGRAPHS BY CATHERINE HARBOUR/THE LICENSING PROJECT. STILL LIFES BY PIXELEYES

1. NIOD Lip Bio-Lipid Concentrate, £38
A lip serum may sound curious, but a tiny drop of this tingly formula, either alone or with your lip balm, increases your blood circulation to promote a healthier-looking pout.

2. Givenchy Vax'In For Youth City Skin Solution Youth Protecting D-Tox Serum, £63.50
Just a couple of drops of this stuff will help protect your skin from the onslaught of pollution by using a complex of two potent antioxidants that act in unison to form one super-antioxidant.

3. Tan-Luxe Face Illuminating Self-Tan Serum, £35
A dose of DHA plus nourishing raspberry seed oil means that this formula truly works. Start with one drop and work up to three.

4. Cover FX Custom Infusion Drops, £40
With an extra helping of vitamin A and jasmine extract to promote cell turnover, a few drops of this skincare booster in your night cream means you'll wake up to a mega complexion.

5. Clinique Clinique Smart Treatment Oil, £36
Laden with barrier-strengthening pomegranate sterols, this nourishing oil can be added to your daily beauty cream for a big surge of hydration.

6. Origins Three Part Harmony Oil-infused Serum For Renewal, Repair and Radiance, £60
Using the antioxidant Japanese knotweed and skin-brightening vitamin C, these milky drops are a lifeline for dry (or hungover) skin.

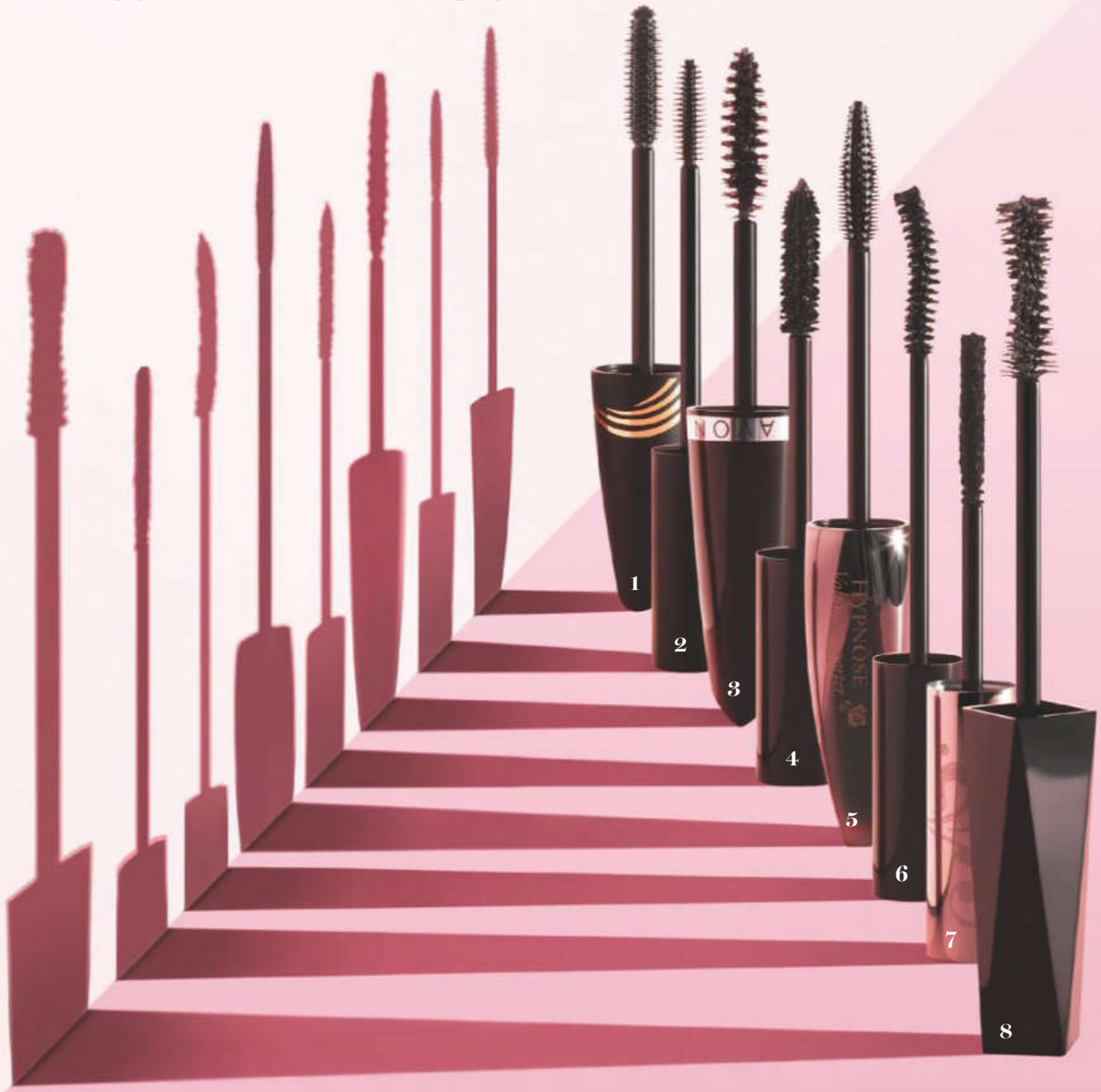

SHIFT A SHADE & FIND YOUR
TRUE COLOUR
I've been the same shade of red for years, but it's time to change it up. Hello, Golden Blonde! Looks so natural, I almost forgot I was a redhead!
COLOUR SO NATURAL LOOKING,
IT'S THE UK'S #1*
CLAIROL
nice'n easy
nice'n easy
CLAIROL
Christina Hendricks in Nice'n Easy 8G Natural Honey Blonde
*based on 12 months IRI colourants unit sales ending January 2015. ©2015 P&G
clairol.co.uk

HOW TO BUY...

MASCARAS

Stumpy? Sparse? Panda eyes? Whatever your lash issues, there's a magic wand waiting for you...

Words and styling by MADELEINE SPENCER *Photograph by* LINO BALDISSIN



1. THE VOLUMISING ONE
Max Factor Velvet Volume False Lash Effect Mascara, £11.99
Like the original False Lash Effect? You'll love this. It still offers all the volume, and the beeswax base won't leave lashes stiff or crumbly.

2. THE DOES-IT-ALL ONE
Diego Dalla Palma Make Up Studio High Performance Mascara, £15
This encourages curl, lengthens, volumises, is buildable *and* lasts for up to 16 hours.

3. THE HIGH-OCTANE ONE
Avon Big & False Lash, £8.50
One swipe of this mix of polymers and fibres will coat and thicken each lash; two will send them into seriously dramatic territory.

4. THE SUPER-BLACK ONE
Le Volume Ultra-Noir de Chanel, £25
Already have dark lashes? This is carbon black, so it still has a dramatic effect. Added bonus – the darker the lash, the more defined the eye.

5. THE 'YOUR LASHES BUT BETTER' ONE
Lancôme Hypnôse Volume-à-porter, £22.50
The 306 bristles on this rubber brush grab every lash, coating them in the highly pigmented mascara.

6. THE SPORT-FRIENDLY ONE
Eyeko Sport Waterproof Mascara, £18
Want to swim/run/have a dirty stop-out without ending up with panda eyes? This is for you. It conditions while staying put for up to 24 hours.

7. THE LONG-LASTING ONE
Santhilea London Magnetic Lash, £24.99
If you need more than mascara, try this two-step prime-and-seal affair. It lengthens first, then locks down the fibres to avoid fall-down.

8. THE CURLING ONE
Kiko Extra Sculpt Volume Mascara, £8.90
Curled lashes equals bigger, brighter eyes. This mascara makes them splay at just the right angle to maximise flutter.

SUPER BASE

Rimmel London's Match Perfection foundation has a new formula, so all you'll see is beautiful skin, not make-up. Six *Marie Claire* readers tried it

THE SEARCH FOR A FOUNDATION that fits you to a T is officially over. Rimmel London's relaunched Match Perfection makes finding a skin-true fit a doddle. With a palette of 12 shades, ranging from very fair to dark, and divided into cool, warm and neutral undertones, there's a colour for everyone. But the amazingness doesn't stop there. Match Perfection goes way beyond skin-matching: with pore-blurring technology, an SPF20 and a 24-hour moisturising complex, you can perfect, protect and hydrate your complexion *and* get traceless coverage – just what we'd expect from the UK's number one foundation.* It worked wonders for our six readers. Here's what they thought…



INVISIBLE COVERAGE
'It blended in so easily and I loved the natural look it gave me,' says Amelia. 'The SPF20 also appealed as sun cream makes my skin break out.'
Amelia, 21, wears shade 200 Soft Beige

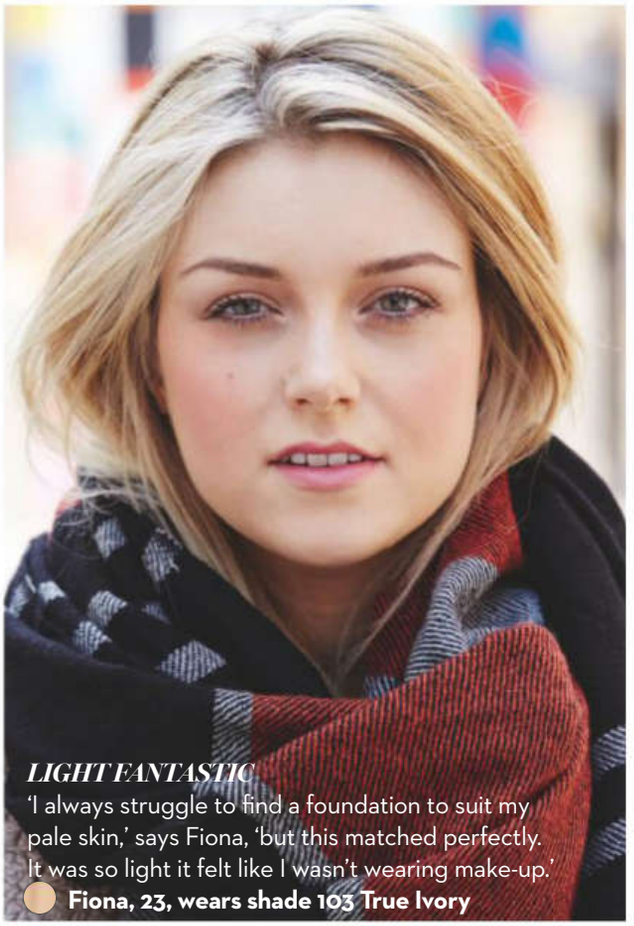


ALL-DAY PERFECTION
'There was a good range of shades to choose from and this one fit my olive skin,' says Pippa. 'It also stayed put all day.'
Pippa, 26, wears shade 200 Soft Beige



LUMINOUS LOOK
'My skin can get a bit red, but the redness was evened out once I applied the foundation,' says Sarah. 'My shade had a pinkish tint to it which really matched my skin tone'
Sarah, 25, wears shade 010 Light Porcelain

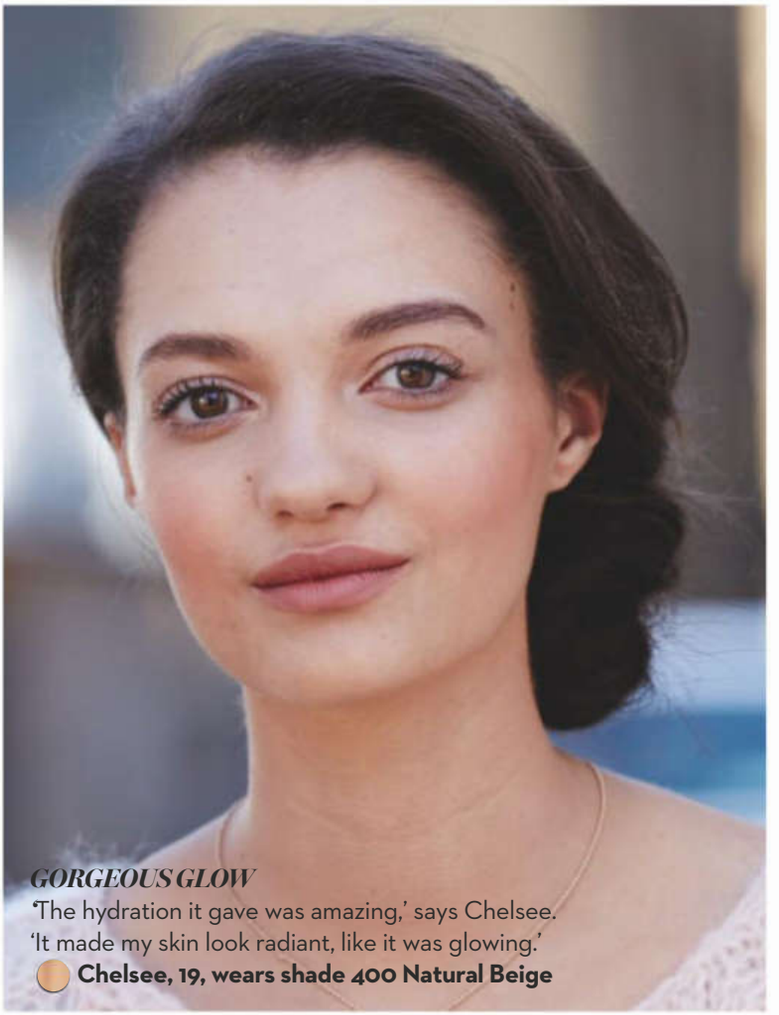
*THE UK'S NUMBER ONE FOUNDATION BASED ON SALES DATA AS REPORTED BY IRI FOR THE PERIOD ENDING 16 MAY 2015



LIGHT FANTASTIC
'I always struggle to find a foundation to suit my pale skin,' says Fiona, 'but this matched perfectly. It was so light it felt like I wasn't wearing make-up.'
Fiona, 23, wears shade 103 True Ivory



FLAWLESS FINISH
'Match Perfection really does look invisible on,' says Lola. 'It evened out my skin tone, minimised my pores and covered my blemishes.'
Lola, 20, wears shade 504 Deep Mocha



GORGEOUS GLOW
'The hydration it gave was amazing,' says Chelsee. 'It made my skin look radiant, like it was glowing.'
Chelsee, 19, wears shade 400 Natural Beige



Show off perfect skin with Rimmel London's new-formula Match Perfection foundation. It perfects, protects and hydrates, with 96 per cent of readers agreeing it gave them invisible, weightless coverage. Available nationwide now, RRP £7.99.

KEEP IN TOUCH

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RIMMEL LONDON

MAX FACTOR X



NEW

MIRACLE MATCH FOUNDATION

Transform your look with a shade match that blends seamlessly with your unique skintone and nourishes* for a fresh and flawless finish.

Miracle Match Foundation for the perfect nude look.
#MAKEGLAMOURHAPPEN

Recreate Candice's transformation: **Facefinity All Day Primer**, **Miracle Match Foundation**, **Creme Puff Blush** in Alluring Rose

*Nourishes with hydration

THE MAKE-UP OF MAKE-UP ARTISTS



BEAUTY ENQUIRER

DO THE BRIGHT THING

Colour-pop make-up isn't scary – it's a brilliant way to express yourself. *Anita Bhagwandas* explains why she's a fan


head & shoulders
The secret to model-beautiful hair?
head & sssssshhhoulders
*Visible flakes seen at 24h with regular use.
UP TO 100% FLAKE FREE
head & shoulders
smooth & silky
When it comes to her hair, Sofia Vergara doesn't compromise and neither should you.
Get up to 100% flake-free* and model-beautiful hair with Head & Shoulders Smooth & Silky Shampoo and Conditioner.



Anita on an orange day

YOU'VE PROBABLY SEEN THE headline, 'Men turned off by women in bright make-up'. The outcome and purpose of the article (which appears several times a year) is always the same, to inform women that men (plural, all of them – *ever*) hate bright make-up. So, just in case you've been living under a giant rock for the last decade, and just so you know it for a 'fact' – men hate women in bright make-up! Men also supposedly hate lipstick – of all kinds.

The survey never changes, but it's time the questions did. Every time I see that headline, I feel like we've been thrust back to the 50s, where the only opinion worth seeking was male. It's as if women roll off an assembly line like dolls, and the ones wearing a red lip or a blue eye are thrown into a box that says 'unsatisfactory'. But the reality is more malicious than that – it's yet another example of society's tendency to portray women as either 'virgin' (nice, natural make-up) or 'whore' (anything creative or bright). So, I urge you to do one small thing. When you see this seemingly harmless, sexist headline, you should not only be angry, but actually plain furious – whatever your make-up preference, it's time to move this stereotype on.

I understand that cray-cray make-up isn't for everyone – it *is* a statement – and you need some serious ladyballs to wear a green lipstick or fluoro blush. Chatting to make-up artist and tutor David Horne adds to my clarification: 'It takes more than confidence to wear bright make-up – whether that's an unusual teal lipstick or a simple blue eyeliner – it's an act of societal defiance.' He's correct, but there's an undeniable soapbox that people love to climb atop when it comes to bold make-up that's holding women back from experimenting with colour. The rhetoric behind we're 'ruining ourselves' or we're 'mutton dressed as lamb' (note that there is *no* male-equivalent phrase) encircles us like rabid lions waiting to feast on our self-confidence and self-expression. But the absolute worst? The negative comments dressed up as compliments: 'Natural women are beautiful'; 'Women, be confident in your own skin'; 'Women in bright make-up just look cheap' (I will taser *anyone* who thinks my Tom Ford lipstick in Wild Ginger is 'cheap' – those babies cost £38 a pop). All of this masquerades as female empowerment, but the subtext is that 'we're great as we are, unless we put visible make-up on, then we're not so great anymore.' At its worst, it implies that women wearing bold make-up aren't as emotionally balanced as their bare-faced counterparts, or that they must have self-esteem issues. Judged, much?

PUTTING VIBRANT TO THE TEST

All this chat really does men a disservice, as well as making make-up sound, well, scary. Spiders with flesh-ripping fangs are scary; the Indominus Rex in *Jurassic World* is scary; pay day being a huge three weeks away is scary, but purple lipstick? It doesn't really come close. So, I did a test to gauge some male opinion. I wore Illamasqua's new Glamore Lipstick in Vendetta, £19.50, for a whole day. It's bright blue – like, Smurf blue. I kid you not, but two relatively normal (and, erm, smoking hot) chaps actually came over to talk to me because of it in the pub. One said, 'It takes confidence to wear that, and that's cool.' The other said, 'That's a really nice colour and it suits you.'

You might be surprised – I certainly was. But that's because in the midst of all this, men have been made out to be dreadful make-up-hating bores – and they're really not. Not all of them, anyway, although one hipster dad did smirk at me in a really patronising way before he trotted off to get his clambering spawn a babyccino. And I'm just not sure his opinion really matters.

Maybe men are changing, but it's more likely that *we* are. We're no longer worried about being called out as an 'other' because of our make-up choices or, in the wider context, because of our style. The lines between the different style tribes – goth, preppy, boho, hipster, designer and high street – have all merged into one beautiful melting pot of wonder for everyone.

While clothes are a more pricey investment, a slick of lipstick or a new ▶

eyeliner remain some of the cheapest and easiest ways to explore different facets of your personality and individuality – gender, race and age be damned.

COLOUR'S POWER PLAYERS

The beauty industry, as it does, is adapting to embrace this new-found love of tribe-blurring, colour-loving style. 'The trend for bold, bright nails and nail art has evolved into more experimental shades of make-up, especially in lips,' says Horne. The sheer amount of unusually coloured make-up landing on my desk from both luxury and mass-market brands has undeniably grown over the last year.

Florence Adepoju, cosmetic scientist and creator of new brand MDMflow, also agrees that women want more colour options, but she thinks it's due to our cultural influences. 'Since hip hop has become more mainstream, people are embracing a much wider variety of make-up looks – just take Nicki Minaj's bold make-up as an example. So many women love and want to emulate her style.'

In fact, look at the majority of female pop icons, including Rihanna, Lady Gaga and Katy Perry, who all rejoice in bold and unusual make-up choices, and it's clear that despite what any stupid surveys may say, experimental make-up is something we're crying out for. Bring those choices *on*, I say.

WEAR IT LOUD AND PROUD

I stand by the opinion that make-up is a powerful accessory, something we can choose to wear in any way that we please, which is why I'm pleading the case for bold make-up.

If you take away one thing from making it through this ardent polemic, let it be this: be free to wear whatever colours you like, just because you like them. Do it for yourself, do it because it's fun and ignore any haters, whether they're male or female.

Above all, never worry about being seen as deceptive by the opposite sex. Because, if we're honest, ladies, any man who doesn't know that our eyelids aren't naturally green and seriously sparkly is clearly a class-A clown – and that's the truth. ■

GO BOLD, OR GO HOME

Making your first foray into the bold and unusual? Start here and work your way up

EASY DOES IT

1. A slick of this fluorescent fuchsia on nails looks brilliant against an all-black ensemble
Orly Nail Polish in Risky Behaviour, £10.50

2. Use a smidgen of these bold shadows in the inner corners of your eyes – simple and subtle.
Sugarpill Cosmetics Addicted To Pretty Heart Breaker Palette, £24.95

KICK IT UP A NOTCH

3. Pick from any of the incredible shades in Florence Adepoju's lipstick range – including lilac, blue and green – but this mega orange is a great middle ground.
MDMflow Lipstick in V Dutch, £18

4. Smudge a little of this deep-sea-like colour on your lids for a translucent hit of bold shimmer.
Make Up For Ever Aqua Matic Glide-On Eye Shadow in Iridescent Turquoise, £16

CRANK UP THE COLOUR

5. Statement shades don't always need to be bright. This pastel blue packs one hell of a punch, Minaj-style.
Manic Panic Lethal Lipstick in Bad Boy Blue, £10

6. This matte purple lipstick is *beyond* badass and stayed on during a whole evening of drinking.
Jeffree Star I'm Royalty Velour Liquid Lipstick in Royal Purple, £13



PHOTOGRAPHS BY NATHAN PASK. IMAXTREE. HAIR AND MAKE-UP BY ALY HAZLEWOOD. STILL LIFES BY PIXELEYES. MDM FLOW (THISISBEAUTYMARTCOM); JEFFREE STAR AND SUGARPILL COSMETICS (COCKTAILCOSMETICS.CO.UK); DAVID HORNE (HOUSEOFGLAMDOLLS.COM)

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WHAT'S YOUR AGEING PHILOSOPHY?

Anti-ageing isn't really about what creams you use, or superfoods you're eating – it's how you *feel* about the process that matters. *Anita Bhagwandas* investigates the new definition of skin types

I'VE ACQUIRED AN UNTOWARD morning habit of late. As my 32nd birthday approaches (just seeing that in print is horrifying), I've started peering at myself in a magnifying mirror as soon as I get up to check the effects of various potions on my 'smile lines'. I detest those lines, even though, realistically, I know there are worse things happening in the world than a little collagen depletion. Friends who might have more lines than me or even a bit of pigmentation are completely nonplussed. So why am I so darned miserable about it?

I'm no more self-obsessed than the next person, but if I had a different outlook on my lines, I might be less critical – or I'd wear them with pride, as a symbol of my gained wisdom. 'Everyone has a different approach to ageing,' says Samantha Clarke, who teaches confidence life skills at London philosophy centre The School of Life. 'Some of my friends will take a scientific route to skincare, others favour natural products, and some just accept it as part of the process,' she says. The key is to find your personal ageing philosophy.

It's easier to work *with* rather than *against* this philosophy, and your late twenties to mid-thirties is a pivotal time. That's when the majority of us start to become less focused on battling with our basic skin types (the usual 'oily', 'combination', 'dry' and 'normal') and more geared towards how our skin is changing – and ageing. Biologically, our oil production starts to slow down and we lose one per cent of collagen from our skin every year after the age of 30. 'I have girlfriends who are very hung up about their age,' says dermatologist Dr Diana Howard, vice president of research and development for The International Dermal Institute and Dermalogica. 'But they're all worried in different ways. We can't always treat everyone as a single entity, and the psychological factor is significant.'

That's where your own attitude comes into play. If you're a 'realist' like me, you might be drawn towards quick measures that deal with the issue right now, while those who favour a scientific approach may veer towards the 'positivist' route, laden with stats and new ingredients. We all think differently about the way we age and, with that in mind, it's time to match your skincare to your outlook… ▶



9 out of 10 pharmacy professionals would recommend Dermalex Eczema[3]

Available at: LloydsPharmacy · Community Pharmacy · day lewis Pharmacy · +well · rowlands pharmacy · Superdrug · Boots let's feel good

[1]Average symptom improvement over 6 weeks, when compared to Hydrocortisone 1% in petrolatum-cetomacrogol and [2]emollients containing unguentum leniens.
[3]Experience based survey of 93 pharmacy professionals, August 2015.

WHAT KIND OF THINKER ARE YOU?

Identify your life philosophy then find a skincare regime to match

THE RESULTS SEEKER

IS THIS YOU? You're a firm believer in long-term results. You're methodical and know that good pro-ageing skincare takes a couple of months to show its true effects. In philosophical terms (stay with us here), you're an existentialist, meaning that you believe we decide what is right and wrong for ourselves. Put simply, you're in control of your own destiny and you know it will take patience, especially when it comes to your anti-ageing regime. You existentialists are pretty conscious of your mortality and slip into thinking about what ageing *really* means (a slow descent to The. End). In school, you were probably the one wearing a black roll-neck, cradling a copy of John-Paul Satre's *Being And Nothingness* as if it were a newborn. But when it comes to beauty, time is irrelevant. If it delivers, you want it.

YOUR EXISTENTIALIST AGEING HEROES

■ One area of skin ageing that benefits from potent ingredients (and your long-term approach) is hyperpigmentation. Invest in the naturally derived antioxidant acai, which works, alongside licorice, to inhibit the overproduction of melanin (pigment) in the skin. Find it in Grown Alchemist Brightening Serum, £54.

■ Another potent but long-term beauty buy is La Roche-Posay Redermic C10, £29.50. This tube of joy contains a concentrated hit of brightening vitamin C (ten per cent compared to the usual five per cent) mixed with plumping hyaluronic acid, to upgrade your skin's volume and texture (see ya, enlarged pores) in one creamy swoop.

■ The skin around our eyes is ten times thinner than the rest of our faces, so it ages faster and needs more attention. RéVive Line Erasing Eye Serum, £220, uses a groundbreaking biomimetic peptide (a compound created to mimic what nature produces, er, naturally) to offer promising help for your peepers. In fact, after eight weeks' use, 97 per cent of testers experienced a reduction in fine lines, with 100 per cent noticing an immediate lifting effect.



THE FACT FINDER

IS THIS YOU? Evidence is your queen. Unless something comes from a reputable source or is backed by hard facts, you're just not interested. You probably own a subscription to *New Scientist* and *Which?* magazines, and your friends seek you out if they need a logical, rational point of view. (You'd always caution against sending naked selfies – so wise!) Your philosophical 'type' is a positivist. This doesn't mean you're the world's happiest person – just that you're just super-objective and believe in the power of science. You like proven results when it comes to skincare, or at least being able to predict what might happen to your face as you age. You'd always pick hard-working, effective products over something that simply feels or smells nice.

YOUR POSITIVIST TOOL KIT

■ You're someone who will try retinol, because of its solid anti-ageing results. Dermalogica Overnight Retinol Repair, £73, is a potent 0.5 per cent dose of vitamin A (that's what retinol is), and is proven to accelerate cell renewal, stimulate volume-building collagen production and increase elastin biosynthesis (goodbye, sags). It also comes with a soothing Buffer Cream, so you can start with a small amount and work up to the full dosage.

■ Another key scientific skincare hero is the stem cell – the key ingredient in Dr Levy Intense Stem Cell Décolletage Regenerating Silk, £290. 'From one inch below your chin, your sebaceous glands are almost non-existent. That's why your chest and neck ages more quickly than your face,' explains dermatologist and founder Dr Levy. This pleasing balm contains argan-nut-derived stem cells that can decrease wrinkle depth and improve the density of the skin. Sun worshippers, take note.

■ Alpha-H Liquid Laser Supersize Concentrate Serum, £47, uses Juveleven, a new hexapeptide that mimics the action of the hydra jellyfish. This sea creature's stem cells simply keep on regenerating, giving it as an infinite lifespan. Creepy, but cool.

■ Finally, finish off with an eye cream with serious science cred – the ingredients in Estée Lauder Re-Nutriv Ultimate Diamond Transformative Energy Eye Cream, £147, were found (by skin-mimicking in-vitro testing) to help the skin increase its natural collagen production by up to 215 per cent after 72 hours. ▶



THE DEMANDER

IS THIS YOU? As a child, you were definitely a foot stamper. If you didn't get what you wanted (and fast), you'd throw all your toys not just out of the pram, but quite possibly at someone's head. As an adult, you still like immediate action and, when it comes to ageing, you're more concerned with the things that are happening *now* than what could come in the future. In philosophical terms, you're a realist – you need proof and quick results.



YOUR REALIST MUST-HAVES

■ Nothing is more immediate than Radical Skincare Enzyme Peel, £45. It's a pink gel that contains a potent mix of fruit-derived enzymes. Rub it into dry skin and it will clump into little balls as it collects dead-skin cells. Satisfying, much?

■ To replenish your skin afterwards, invest in Kat Burki Vitamin C Intensive Face Cream, £72. The cocktail of oils and antioxidants is cold pressed (under 49°C) to ensure that no enzymes are destroyed in its production and, because of this, it sinks straight into your skin – we're talking instant!

■ For a serious reparative treatment with immediate effects, turn to Chanel Sublimage L'Extrait, £370. Pricey it may be, but this cream uses stem cells and petals from the Madagascan Vanilla planifolia plant. The latter are dried and soaked in an oil bath for three days to allow the natural active ingredients to infuse.

■ For a quick hit of moisture, apply Starskin Red Carpet Ready Hydrating Bio-cellulose Face Mask, £8.50, which contains fermented coconut juice to pump the face with moisture.

THE INDULGER

IS THIS YOU? Oh, you're a serious little bunny, aren't you? It's not that you're down or pessimistic, it's just that you're prone to being a bit 'inside your own head'. This can mean that if you're a wee bit sad, you'll benefit from things that draw you outside yourself and provide a welcome distraction (you've bookmarked 'cat LOLS' on YouTube.) As a solipsist, you're a big believer in anything that increases your feelings of happiness – like skincare scents that lift your mood, or products with interesting textures. It has to be effective, too (if not, you'll dwell on it). But you have a lot of feelings, so if your skincare works and has an added well-being bonus, you're sorted.

YOUR SOLIPSIST FEEL-GOOD STASH

■ The Clarisonic Smart Profile Cleansing Brush, £199, automatically monitors your usage and leaves you with squeaky-clean pores, making you feel like you're really taking good care of your skin.

■ Slathering on the camellia-oil-rich Fresh Seaberry Skin Nutrition Booster, £36, known as the geisha's beauty secret, gives you instantly soft skin that feels like petals (you love a fleur).

■ Hybrid products like YSL Instant Moisture Glow, £39, really appeal to your senses. This clear gel moisturises, softens your skin and diffuses light, for skin that barely needs any make-up.

■ For a serious exfoliating treatment that will leave you with skin like a puppy's ear, Philosophy The Microdelivery Overnight Anti-aging Peel, £65, uses alpha/beta hydroxy acids to open pores, while encouraging skin micro-exfoliation. The fresh cucumber-scented gel applied over the top uses the anti-irritants oat extract and bisabolol, peptides and to help cool and hydrate as you sleep. Come the morning, your skin will feel and look great, which equals a happy you. ■

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(1) Consumer test, % of satisfaction, 100 women, 30 days. (2) Clinical trial, % of satisfaction, 33 women, 56 days. * Patent pending PCT/IB2015/054257 filed by Caudalie and Harvard University.


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TOPSHOP UNIQUE



ASK THE BEAUTY EDITORS

Bring your beauty dilemma to the pros. Problem solved



Lisa Oxenham
Beauty & style director

Q. *I'm planning my friend's hen do in London and want to treat her to a spa day. Where do you recommend?*
Lucy, 32

LISA: For some serious luxe, head to the Moroccan Hamman in Urban Retreat at Harrods for a Signature Hamman treatment (£125 for 90 minutes). After the traditional black-soap application, exfoliation and stretching massage, you can all kick back with a cup of tea in the gorgeous relaxation area. Alternatively, if you don't want to venture out, why not get a team of pampering experts to come straight to your party? Try Priv (gopriv.com) – they'll turn your home/hotel room into a spa in no time.





Anita Bhagwandas
Senior beauty editor

Q. *I know sleep is important for great skin, but I never have enough time for eight hours. What can I do?*
Rochelle, 28

ANITA: Make the most of the sleep you do have. There are a wealth of night products that maximise those few skin-regenerating hours. Lancôme's Visionnaire Nuit Beauty Sleep Perfector, £60, has molecules to help promote the production of skin-plumping hyaluronic acid, while & Other Stories Anti-Stress Sleeping Masque, £9, will smooth skin. Exfoliate before applying for deeper ingredient penetration – I use the Clarisonic Smart Profile, £199, available from Boots.





Madeleine Spencer
Beauty writer

Q. *My lipstick always ends up smudged or on my teeth. Help!*
Valentina, 36

MADELEINE: Well-moisturised lips can encourage lipstick to slide around. To halt the slip, invest in a highly pigmented lip stain – a good-quality one won't budge for a few hours. If you like to experiment with colours, try Giorgio Armani Ecstacy Lacquer, £27 – it looks glossy, but the sheen wears off to leave a non-drying stain in its wake. For a natural tint, get Benefit Benetint Lip & Cheek Stain, £24.50.

PRO TIP

'Scrimp on conditioner, not shampoo – using one to treat, not strip, your scalp is important. Look for one rich in plant extracts to nourish parched hair.'
Philip Berkovitz, founder and creator of Philip B haircare



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COMPILED BY MADELEINE SPENCER. PHOTOGRAPH BY IMAXTREE. STILL LIFES BY PIXELEYES. CLARISONIC IS AVAILABLE AT BOOTS

MEET YOUR NEW HAIR HERO

We all tell ourselves a few little white lies to help us live with those first-time greys or a case of dull-locks syndrome. But these issues can be easily solved with Casting Crème Gloss from L'Oréal Paris. Three readers tried this fuss-free colour and fell in love with their new look



Kind colour for stressed-out locks? Done

FIRST-TIME GREYS CAN BE A nightmare – and so can locks that look less than lustrous. Most of us have to deal with them eventually, but many would rather stay in a state of denial ('I'm sure that's a blonde hair…'). With L'Oréal Paris Casting Crème Gloss your hair gets the ultimate beauty boost without the hassle of booking a salon appointment.

This no-fuss colour formula lasts for 28 shampoos and gives you super-soft, ultra-glossy hair with gorgeous shimmering tones. And because it's semi-permanent, it easily blends away greys without any scary commitment – and all of this with no ammonia. *Marie Claire*'s Senior Beauty Editor Anita Bhagwandas says, 'Colouring your hair is such a confidence boost – go up or down a shade for an entirely new look.'

'MY HAIR LOOKS A LOT HEALTHIER – AS IF I'VE HAD A HAIRCUT TOO'

Claire Tyler, 32, student midwife

'I'm not very brave when it comes to colouring my natural brown hair, but it was really dull and needed a lift. I'm nervous of using permanent colour at home, but I like the way semi-permanent dyes fade gradually and bring out a great mix of shades in the process. My hair is very weak, so the fewer chemicals I use on it, the better. The ammonia-free Casting Crème Gloss was really simple to apply – there was no dripping and it washed off easily. The Chocolate 535 shade left my hair feeling nourished and shiny, with lots of different tones in it. It feels silky and looks a lot healthier – as if I've been for a haircut as well as a colour treatment.'

‘IT’S LIKE MY GREYS WERE NEVER THERE’

Neyha Khanna, 33, interior designer

‘Over the years, colouring my dark brown hair has become a regular requirement rather than a random whim, thanks to my greys. I didn’t think it was possible to cover them without a very strong colourant, especially as I have very thick, stubborn hair, but my new shade – Liquorice 100 – gave my hair loads of depth and a lovely shine. As Casting Crème Gloss is ammonia-free, it’s a much more gentle formula than some other colours, so it’s a great excuse to try something different next time. Everyone is saying how much my new shade suits me and it’s great not to have to worry about greys constantly – it’s like they were never there.’



Gentle, easy-to-use home colour gives you a licence to experiment



Greys, be gone!

‘WHEN THE SUN HITS MY HAIR, IT HAS A LOVELY NATURAL FINISH’

Reena Mandora, 29, digital content coordinator

‘I have a few greys these days that I’m not keen on people seeing, and I wanted a new, deeper colour for autumn. I usually get my hair professionally dyed because home colour doesn’t tend to cover the greys so well, but I used Casting Crème Gloss in Dark Chocolate 323 on my dark brown hair and it gave my existing highlights lots of different tones, which I loved. When the sun hits my hair now, it has a lovely natural finish. It feels softer, too, making it much easier to brush and blow-dry.’

FIND OUT MORE

Go to loreal-paris.co.uk/castingcremegloss to learn more about how you can give your hair a boost with Casting Crème Gloss. It’s the boost you can believe in.

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LIVE
FEARLESS

CONQUER YOUR GYM PHOBIA

Paranoid that you're being stared at or hate the way you look in Spandex? We hear ya. To help, we've sourced the perfect gym wear to boost your confidence – happy training.



For the boob-conscious

Adidas X Stella McCartney 'Essentials Seamless' Tank Top, £60 Made with sweat-wicking stretch fabric and adjustable straps, this top accommodates a larger bust. The built-in bra provides double the support, too.

For the tummy-conscious

Nike Dri-FIT 'Cool Breeze' Running T-shirt, £30
Because the fabric is so light, it doesn't cling. The longer hem also gives extra coverage when you're jogging – no riding up here!

For the butt-conscious

Lululemon 'Wunder Under Crop Hi-Rise' Leggings, £72
These bad boys hold *everything* in, and the high waist and thick fabric means your bum is fully supported.



HEALTH NEWS

Reboot your workout wardrobe, snack clever and turn that Monday-morning slump around

BEST LAID PLANS A study* has found we class Monday as 'boring', and associate Friday with 'freedom'. Use this to your advantage and schedule something fun to perk up the start of your week, and leave your dullest tasks till Friday, when you're in a naturally good mood.

APP IT

Glow
This app is your menstrual cycle's new BF. Calculate your most fertile days (super-handy if you're trying to conceive), while recording your period dates, mood and symptoms. (Free on iTunes).



3 GAME-CHANGING SNACK HACKS

1. FUEL UP

Protein-shake powders can be deceptive. Many contain more than 500 calories per serving, as well as 15 different synthetic ingredients. Neat Nutrition Lean Protein Powder, £34 for 33 servings, has just nine – all natural where possible – and is gluten-free, vegetarian-friendly and 125 calories per serving. Boom.

2. SIP FRUIT

While there's hidden nasties like added sugar or artificial sweeteners in most flavoured waters, Nuva (£7.56 for six bottles) is pure spring water infused with only natural flavourings, such as melon and jasmine or ginger and lemon, yet it's delicious enough to make it feel indulgent.

3. TREAT TIME

In reality, most healthy cereal bars taste like sawdust, but Rhythm 108 Good-For-You Dessert Bars, £25 (pack of 10), actually taste pretty close to their sugary counterparts, despite the fact they only contain the gluten-free grain amaranth, milk, nuts and fruit. The coconut macaroons are an *MC* office fave.

COMPILED BY ANITA BHAGWANDAS. PHOTOGRAPHS BY BILLY ROOD/THE LICENSING PROJECT. STILL LIFE BY PIXELEYES *STUDY CONDUCTED BY YORK, LINCOLN AND HERTFORDSHIRE UNIVERSITIES



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FITNESS GOES SLOWMO...

Forget about high intensity – the new exercise trend is about making like a tortoise to get the same benefits in even less time. But that doesn't mean it's easy, says *Jessica Powell*

IF YOU WERE TO WANDER INTO Rev5, a brand new gym in Windsor, you'd witness a rather strange sight. There would be no one pounding on treadmills, nobody gasping for breath, and no sweat-slicked brows. Instead, everyone would be lifting weights at such a slow pace, you would swear they were about to grind to a halt.

This sloth-like method of strength training is already big in the US, and promises to build muscle more effectively and swiftly than hammering through fast reps. Now, it's set to take off here in the UK, with Rev5's plans to start expanding nationwide over the next six months.

GO SLOW? HOW CAN THAT POSSIBLY WORK?

The secret lies in the make-up of your muscles, which contain three different types of fibre. The first two are used for most daily activities, because they're really efficient – slow to fatigue and quick to recover. The third type serves as a back-up. The aim when strength training is to exhaust all three, says Dr Tahir Masood, co-founder of Rev5.

'People typically lift weights with a fast jerk. The problem is, it creates momentum that carries the weight through the rest of the movement. So, after an initial effort, your type-one and type-two fibres can rest and recover, ready for the next rep,' he explains. 'If you lift really slowly, however, they don't get a break, so they fatigue. ▶



Your type-three fibres have to take over and then they get exhausted, too.' At this point, the muscle can't move, so it sends out a chemical signal to the body that it needs to adapt. In response, you build strength and tone, which creates a lean appearance – and has knock-on health benefits, such as reducing your risk of Type 2 diabetes.

SO, HOW SLOW ARE WE TALKING?

You should take a good eight to ten seconds for each half rep. So, for example, take eight to ten seconds to lift a weight up, and another eight to ten to slowly take it down. And this is where you realise that, while the method is laid-back, it's far from easy. Expect some *serious* shakes. The good news? Because it's so efficient at fatiguing your muscles, you start to reap the benefits in a really short workout time.

Rev5's in-gym drill involves five different exercises on weight machines and promises to exhaust your whole body in 15 minutes flat. At home, you can apply the same principles to body weight exercises, without the need for equipment. Dr Masood recommends doing squats, press-ups, tricep dips, bridges and leg raises. Repeat each exercise at this gruellingly slow pace to the point where you literally can't do any more.

SURELY YOGA CAN'T GET ANY SLOWER?

Yes, it can. Strength training isn't the only type of exercise that's currently on a go-slow. In the yoga world, Yin yoga is growing in popularity – a leisurely practice that sees you hold simple poses for anywhere between two and 20 minutes. The benefits? It works the connective tissue surrounding your muscles and bones, called fascia – a buzzword in fitness, as experts are just beginning to understand the impact keeping it in good nick has on injury prevention and performance.

'In our class, we hold poses for around two to eight minutes, which is a period of time that gives your fascia the chance to relax,' explains Naomi Costantino, co-founder of East of Eden yoga in London. 'In turn, you create more space around the joints, and free up the muscles.' It can ease niggles, increase flexibility and improve your ability to push deeper in more demanding yoga poses, not to mention really help you find calm. 'You have to sit still for a long time – your body is going to ache and you'll fidget. So, you have to try to be present with those sensations and find peace in the pose,' explains Costantino. 'It's got a real meditative quality – much more, I think, than dynamic forms of yoga.'

The Square Pose is perfect for stretching out and unwinding after a busy day at work, suggests Costantino. Sit cross-legged, relax your face and steady your breathing. Then, slowly lean your body forward, creating a curve through the spine. Find a place where you can feel the stretch, but can hold the pose for two to five minutes.

> 'If you exercise at a fairly low intensity, that's when you'll burn off the highest amount of fat'

WHAT IF YOU WANT TO LOSE WEIGHT?

It *is* possible to drop a few pounds with slow-mo fitness. Even when it comes to cardio, a more relaxed approach is being celebrated. On Instagram, the hashtag #LISS (which stands for Low Intensity Steady State) has been appearing on the feeds of fitness gurus, such as personal trainer Kayla Itsines, who has an army of 3.5 million followers.

It's applied to leisurely cardio, like cycling and swimming, at a constant, comfortable pace and is being tagged by some of the hottest bodies of the moment – with good reason. 'If you exercise at a fairly low intensity, say jogging, that's when you burn off the highest amount of fat, more so than, say, sprinting,' notes exercise physiologist Dr Niels Vollaard from the University of Bath.

This doesn't mean that you'll lose more weight than you would through a high-intensity workout (which might burn the same number of calories, just from carbs instead). However, given that cardio workouts have been all about speed in recent years – with the likes of HIIT (high-intensity interval training) and spinning being the workouts of choice – it's a timely reminder that the leisurely approach can be just as effective.

SO, WE SHOULDN'T GO HELL-FOR-LEATHER ANY MORE?

It's not that you should *stop*, it's just that it's not your only option. Going full throttle isn't necessary for getting the health benefits of cardio. LISS has been proven to increase fitness, and reduce the risk of heart disease and diabetes.

'The job of exercise is to give the body a kick up the butt,' explains Dr Vollaard. 'You need to do something it doesn't like, so it will adapt and be able to do it more easily next time. A hard sprint will stress the body quickly, but if you go for a slow jog, and do it for long enough, it won't like that either.'

IS THIS JUST AN EXCUSE TO GET LAZY?

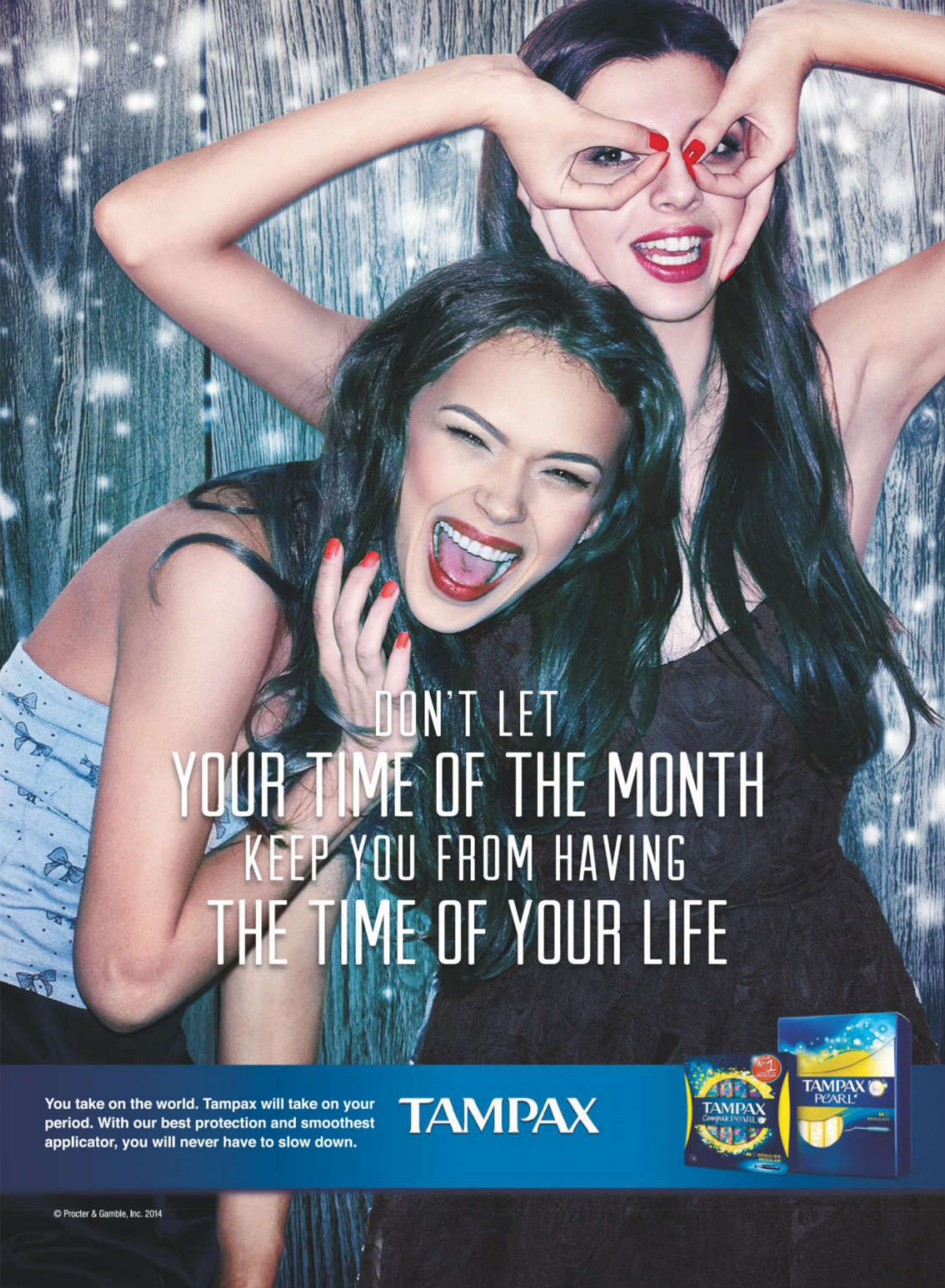
It depends how you approach it. Even if you're going slow-mo, you don't want to work for hours on end in order to see the benefits. The trick is to get your heart pumping a little harder and quicken your breath. If you want to be more exact, track your heart rate and work at at least 50 per cent of your maximum, aiming to push to around 60-70 per cent. A rough way to calculate your maximum heart rate in beats per minute is to subtract your age from 220. You can then check your heart rate by taking your pulse or using a fitness tracker with an in-built monitor, such as the new Fitbit Charge HR (£119.99, fitbit.com).

Aim for at least 150 minutes of LISS a week. There's no set 'prescription' for how long each exercise session should be, so Dr Vollaard recommends setting targets: 'If you're aiming to lose weight, for example, if it doesn't change after around a month, you might need to up the intensity or duration of your sessions.'

One of the advantages of LISS is that you can tot up your quota by slotting it into your day – cycling to work or a lunchtime power walk – without going to the gym.

While the obvious bonus of pacier exercise is that you can achieve results in less time, that becomes irrelevant if you're the kind of person who finds it so unappealing, you never actually do it. 'Some people think that high-intensity exercise is just awful. They will never get past the point where they start to see benefits from it, as they'll just give up,' says Dr Vollaard. By contrast, LISS might feel more doable – pleasurable even. So, it's no wonder that it has the Instagram seal of approval. Slow and steady really could win the race. ■

PHOTOGRAPH BY TRUNK ARCHIVE. BEFORE EMBARKING ON ANY NEW EXERCISE REGIME, ALWAYS CONSULT YOUR DOCTOR


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DELUXE



INTERIORS

Green house

Create a serene space with potted plants, neutral tones and rustic add-ons

TRAVEL

Oman oasis

Turn up the heat with an escape to Arabia, where ancient charm meets modern luxury

DRINK

Cocktail o'clock

Learn to shake it like a pro with our guide to the season's trendiest tipples

Have you gone noseblind?

What you smell | What your guests smell



NEW SCENTS

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*each refill lasts up to 90 days if used for 12 hours per day at minimum setting.

febreze ambi pur

Breathe Happy

INTERIORS

Clean living

Cluster green foliage, transparent furniture, statement lighting and hits of gold to give your home a fresh, modern edge

Compiled by JOSIE AYRE

STYLE TIP

Parquet flooring or exposed wooden floorboards are ideal for this look. Just add a natural cowhide rug for a cosier feel.

Taken from Sage Living *by Anne Sage; photographs by Emily Johnston (£18.99, Chronicle Books)*

1. ***'Ps Maskros' pendant lamp, £90,*** Ikea **2.** ***'Skultuna Tulip' candlesticks, £135 (for three),*** Amara.com **3.** ***'Louis Ghost' chair, £230,*** Philippe Starck for Kartell at John Lewis **4.** ***'Bison' sculpture in Ash, £75,*** Urban Outfitters **5.** ***'Tripod' floor lamp base, £107.99,*** Pacific Lifestyle at Wayfair.co.uk **6.** ***'Gold Facet Urn' vase, £50,*** John Lewis **7.** ***'String' chair, £895,*** Baines & Fricker at Rockett St George **8.** ***'Decorative' wall clock, £38.99,*** London Clock Company at Wayfair.co.uk **9.** ***Cushion, £6.99,*** H&M **10.** ***'Argentinian' cowhide in Dark Brown, £394,*** Natures Collection at Amara.com **11.** ***'Large Bullet' vase, £16,*** J by Jasper Conran at Debenhams

ADDITIONAL PHOTOGRAPHS BY ALAMY



Buttery

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Française.



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PRÉSIDENT

avec plaisir



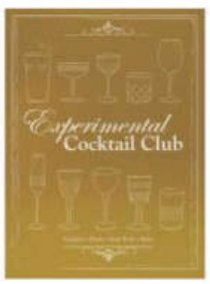
Shake it up

Cocktail season is here (honestly, any excuse), so check out our pick of the best guides that'll have you mixing like a pro in no time



Good Things To Drink With Mr Lyan & Friends
by Ryan Chetiyawardana (£20, Frances Lincoln
Award-winning bartender Mr Lyan provides the perfect intro to cocktail making for those who aren't at one with their inner mixologist just yet. With a whole chapter dedicated to crafting the ultimate G&T, your gin hangover can now be a classy one.





Experimental Cocktail Club
by Romée de Goriainoff, Olivier Bon, Pierre-Charles Cros and Xavier Padovani (£20, Mitchell Beazley)
Compiled by four French lads, this stylish book is for those of you who are tired of serving up the same old vodka and coke come party time. Get ready to impress your friends with fantastical drinks, complete with unexpected garnishes such as rocket leaves.



Speakeasy: 200 Underground Cocktails
by Benny Roff (£12.99, Hardie Grant)
Channel your inner flapper girl and pick up a cocktail shaker: this is your guide to the perfect Gatsby-esque night in. Devilishly tasty cocktails, such as the Ali's Barber and Swedish Massage, are guaranteed to have you dancing on the tables.





RECIPE

Walnut macaroons with coffee cream

This delicious dessert is the perfect winter comfort. Serve with a sprinkling of candied walnuts for a super sweet treat



Ingredients (serves 6)

For the macaroons
- 200g ground walnuts
- 200g icing sugar
- 4 egg whites
- 100g caster sugar

For the candied walnuts
- 150g caster sugar
- 150ml water
- 30 walnut halves
- vegetable oil, for frying

For the chocolate sauce
- 200g double cream
- 200g dark chocolate, roughly chopped
- 50g butter

For the cream filling
- 450ml double cream
- 1 tbsp Camp coffee essence
- 100ml vanilla custard



■ Preheat the oven to 180°C (350°F/gas mark 4) and line baking sheets with silicone paper. Draw 12 circular templates, each one measuring 7cm in diameter for your macaroons.

■ Place the ground walnuts and icing sugar in a food processor and blitz to a powder. Set aside.

■ Make sure the bowl and whisk you use for the next step are very clean, as any water or grease will affect the meringue. Place the egg whites in the bowl and whisk with a food mixer or an electric whisk until soft peaks form. Add the caster sugar, whisking until the mixture is smooth and glossy.

■ Pour in the ground walnut mixture and fold. Transfer to a piping bag fitted with a 7mm plain nozzle, and pipe discs onto the templates. Set aside for 30 minutes, then transfer to the oven for 10–15 minutes, or until golden. Then leave to cool on a tray.

■ Next, make the candied walnuts. Put the sugar and water in a saucepan and bring to boil. Simmer until the sugar has dissolved and the syrup has thickened slightly. Add the walnut halves and cook for 2–3 minutes. Empty the contents of the pan on to a sheet of silicone paper.

■ Pour enough vegetable oil into a sauté pan to cover the bottom by 2cm and heat until just shimmering. Place the walnuts, a few at a time, into the hot oil for a couple of minutes until golden brown. Drain again on a fresh sheet of silicone paper and leave to cool slightly.

■ Make the chocolate sauce. Heat half of the cream, the chocolate and butter in a saucepan until boiling, whisking all the time. Remove from the heat and whisk until completely smooth, then add the remaining cream and whisk once more to combine the mixture.

■ To make the cream filling, whisk the double cream and coffee essence to soft peaks, then whisk in the custard until fully combined and just holding a firm peak. Spread the cream mixture over half the macaroons, then sandwich these together with the remaining macaroons.

■ Spread the chocolate sauce over each plate and stand a macaroon upright in the sauce. Repeat with the remaining macaroons, then scatter candied walnuts.

Taken from Sweet *by James Martin (£20, Quadrille)*

COMPILED BY JOSIE AYRE. PHOTOGRAPHS BY ALAMY


PAPA'S BARN


PLANE FOOD




HIX

INTERVIEW

Not Such A Chip Off The Old Block

The chip has had a makeover thanks to ***Tiffany Plant***, founder of new restaurant Come Fry With Me. When she's not manning the fryer, Tiffany picnics on planes and drinks gin cocktails...

The place for brunch

HIX, SELFRIDGES, LONDON

When I first moved to London, my mum took me to Hix for smoked salmon and scrambled eggs – probably the best eggs I've ever had.

A weekend escape

THE WILD RABBIT, OXFORDSHIRE

The only problem when I stay at The Wild Rabbit is that I want to take everything home with me; the fluffy robes, the beautiful throws… Last time I went, I had an incredible dish of lamb with charred spring onions.

Cocktail o'clock

DUCK & WAFFLE, LONDON

It does amazing cocktails. I tried the Chocolate & Blue Cheese Martini once but now I tend to go for the gin cocktails.

Best fish and chips

PAPA'S BARN, AYLESFORD, KENT

The chips at Papa's are crispy on the outside and fluffy on the inside. One of my favourite reasons to visit home (don't tell Mum and Dad!).


CAFÉ MURANO

Favourite chef

ANGELA HARTNETT, CAFÉ MURANO, LONDON

I could drink the olive oil there, it's that good! I love the arancini too, and the lemon tart is amazing.

Best tasting menu

KITCHEN TABLE, FITZROVIA, LONDON

Head chef James Knappett plans the menu around what suppliers recommend on the day so it's always changing – and everything is presented as if it were a work of art.

Best airport food

PLANE FOOD, TERMINAL 5, HEATHROW AIRPORT

Gordon Ramsay's restaurant at Heathrow is so good. It does a great picnic which you can take on the plane to tide you over until you land! *Come Fry With Me will be opening in Covent Garden, London, the first week in October.*

WORDS BY JOSIE AYRE. PHOTOGRAPHS BY GETTY IMAGES


DUCK & WAFFLE


KITCHEN TABLE


THE WILD RABBIT


THE RICHMOND

Fresher-than-fresh fish

Scaredy cats need not apply, as this month's trend comes literally straight from the sea. Yes, we're talking raw fish

If you like oysters...

Check out the Oyster and Champagne window at OysterFest 2015 (7–10 October) at the Newman Street Tavern, W1. Or if you're looking for something a bit more daring, head over to The Richmond in Hackney and order some Bloody Mary oyster shooters.


NEWMAN STREET TAVERN


SENOR CEVICHE


DON CEVICHE

If you like ceviche...

Pop over to Ceviche (Old Street or Soho) which, unsurprisingly, serves a truck load of the stuff – we suggest the Don Ceviche dish which uses sea bass. At Senor Ceviche, Soho, you can have a delicate mix of sea bream and octopus with tempura baby squid.


ANDINA

If you like scallops...

Why bother cooking them? Visit The Shed, Notting Hill, where you can enjoy a raw scallop with black summer truffle, garlic and kohlrabi. Alternatively, try Andina, Shoreditch, for the Tiradito de Conchas – a thinly sliced diver scallop with mango, squid-ink tiger's milk and pickled red onion. Exotic.

If you like tartare...

Begin your foray into tartare with the classic tuna variety at the Crab Tavern, EC2, or, if you're feeling fancy, indulge in the king crab at Kouzu, Belgravia. Adventurous types should head to Novikov, Mayfair, for a langoustine version.


CRAB TAVERN


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WINTER'S TALE

How do you make a light, minimalist living space feel warm and cosy? We've found the answers

Faux fur cushion, **£16**, and green woven cushion, **£10**, both Winter's Tale collection, Sainsbury's

A snuggly faux fur throw is an essential accessory for a spot of hibernation at home

A STYLISH, LIGHT LIVING SPACE is an interior design classic. But it can take some clever furnishing tricks to make it feel like a homely hideaway for you or a welcoming place to entertain friends and family. The Winter's Tale homewares collection from Sainsbury's makes it easy, with a sophisticated edit of cool, contemporary pieces taken from a palette of pale blues and neutral tones that blend effortlessly together. Keep lighting soft and low with candles and textured lampshades. A faux fur throw will add a touch of luxury to any room, while piling your sofa with cushions in chunky knits, crochet and cool cottons creates an indulgent spot to unwind. Group glassware and vases in a variety of finishes together for a look that's more casual and gently mismatched, and add natural wood touches for a relaxed space that's cosy but still chic.



Patterned vase, **£16**, and glass candle with metal lid, **£15**, both Winter's Tale collection, Sainsbury's



Faux fur throw, **£30**, and storage basket, **£22 for two**, both Winter's Tale collection, Sainsbury's

STYLE TIP

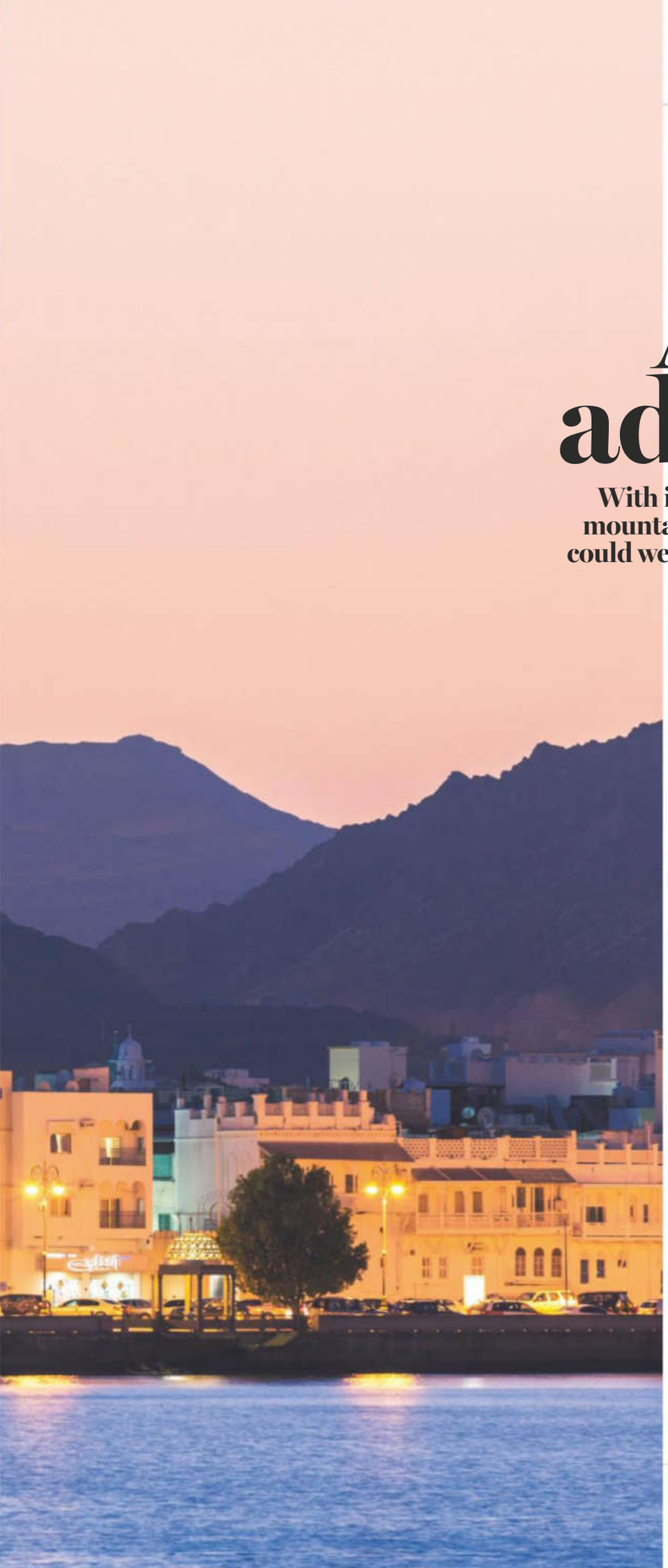
Mixing up the textures of your furnishings will help your room feel softer and more welcoming – contrast glass, metallics and marble against warm wood, exposed brick and faux fur.

The new Winter's Tale homewares collection is available at selected Sainsbury's stores from 25 October. To find your nearest store, visit sainsburyshome.co.uk

Sainsbury's

Candle aware: Never leave a lit candle unattended





Arabian adventure

With its dramatic deserts, rose-speckled mountains and gorgeous blue seas, Oman could well be the answer if you're dreaming of winter sun, says *Nigel Tisdall*

Photographs by **MATTEO COLOMBO**

OH, THE WONDERS OF MODERN TRAVEL! Yesterday evening I was shivering in gloomy Britain, now I'm enveloped in 30°C heat and surveying the sands of the Arabian desert. It takes just over seven hours to fly south from London to the Sultanate of Oman. Touching down in this dry and dusty world of storybook forts, sugar-cube white houses and camels decoratively set beside palm-filled oases, there's a clear sense of arriving in a hot, harsh landscape where man has been cutting a wary deal with nature for centuries.

With so much of the Middle East and North Africa in turmoil, it's a blessing that this long, mountainous country bordering the Arabian Sea has remained safe and stable, thanks to the benign dictatorship of its 74-year old ruler, Sultan Qaboos bin Said al-Said. It's a special day for His Majesty when we arrive in the capital, Muscat, so my wife is given a celebratory rose as we pass through immigration – you don't get that at Heathrow.

A recent report by the World Economic Forum declared Oman the ninth safest country in the world (we're 63rd), and the abiding mood is one of civility. Omani men sport a smart national costume of long white dishdasha and *kuma* (an embroidered cap that originated in Zanzibar), and unlike in the neighbouring UAE where you are overwhelmed with glitz, show-off architecture and expats, here you get to meet the locals. Omani men and women work across all levels of society and many younger Omanis speak good English.

While it's feasible to tour Oman as a self-drive holiday, we've opted for prearranged transfers. Just two hours after leaving Muscat, our affable driver Ahmed ▶


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stops at Al Wasil to deflate the tyres of our 4x4 before we disappear into the apricot dunes of the Sharqiya Sands. Formerly known as the Wahiba Sands, this vast wilderness was famously crossed by the British explorer Wilfred Thesiger in 1949. Today it is a choice spot for glamping, and our home for the next two nights is the enchanting Desert Nights Camp where your bedroom comes with a graceful tented roof and solid walls. The traditional Omani interior features big wooden doors, chunky brass fittings and striped rugs, while an outside terrace offers the chance to sit on giant beanbags and contemplate the beautiful sunset.

The sense of being at one with nature without sacrificing your home comforts is blissful. There's no TV or WiFi, and thankfully no belly dancers or boozed-up groups of tourists. Dinner is a generous buffet under the stars that includes mezze, salads, barbecued meat and fish, and is accompanied by musicians softly playing the drums and *oud* (lute). The staff will drive you into the dunes to watch the sunset, or you can go for a 90-minute camel ride into the wilds and hairdryer-hot winds. We do this with a local Omani, Rashid, who turns out to be an IT graduate. While we stand on a dune top, pondering the mysteries of life as another day comes to a blazing end, he looks at his smartphone. Meanwhile, our camels chew the cud with a wearied expression that seems to say, 'Come on, get on with it!'

'Picking our way through piles of watermelons, carpets and earthenware pots, we reach a glittering emporium filled with dates and honey'

After the heat of the desert, it's time to hit the cooler climes of the Al Hajar mountains, which run the length of Oman like the spine of some prehistoric monster. Along the way we stop at Nizwa, a key city on the inland trading routes and a major Islamic cultural centre. Every Friday morning its souk overflows with goats, sheep, cattle and cars for sale. Picking our way through the piles of watermelons, carpets and earthenware pots, we reach a glittering emporium filled with dates, honey and *halwa* (similar to Turkish delight) – if you've got a sweet tooth, Oman is heaven. Another star attraction is the restored 17th century Nizwa Fort, which has panoramic views from the top and was built with passages and 'murder holes' set in the roof to enable defenders to pour hot date syrup on to attackers – talk about coming to a sticky end.

The Jabal Akhdar area of the Al Hajar was reserved for military use until 2005. Now this is one of the most exciting areas in Oman to visit, with new hotels opening up. You still have to stop at a checkpoint before making the climb up to 2,000m, and the warning sign 'Danger Steep Ascent' seems an understatement once we start winding our way up. The reward is a Shangri-La with invigorating air and orchards of apricots, peaches, apples and walnuts. Our destination is the end of ▶

Previous page: the sun sets over Oman's capital, Muscat

This page, clockwise from top: breathtaking views of the Al Hajar mountains; tasty treats for sale in the souk; the vast Sharqiya Sands; the gorgeous Muscat coastline; swapping taxis for the local mode of transport – a camel; the restored Nizwa Fort is worth a visit







the road, where a new designer hotel, the Alila Jabal Akhdar, has been spectacularly positioned on the edge of a 600m-deep ravine. There is much to admire, from the clouds of frankincense wafting through the lobby to the outdoor infinity pool with twin jacuzzis and a serene spa offering Asian-style therapies. All 86 rooms have balconies with mountain views and the restaurant serves yummy dishes like *shorbat* (Arabic lentil soup), grilled Omani lobster and date ice cream.

It's only when we get up at 5.30am to take a sunrise walk with Majed, one the hotel's 'leisure concierges', that we truly appreciate the Alila's stunning location as he leads us past ancient juniper trees to contemplate the vertiginous drops below. On another day we take a 35-minute drive to Al Ayn, a village famous for its pomegranates and production of rosewater – a skill brought from Iran in the 17th century. You'll need to visit in April or May to catch the damask roses in bloom, when you can take a dreamy walk along the irrigation rills, then see the back-room workshops where petals are transformed into an ingredient used in perfumes.

From here the drive down to Muscat takes two-and-a-half hours, a jarring return to modern Oman with its majestic mosques, multi-lane highways and roundabouts decorated with enormous coffee pots and water jugs. The capital is spread along a dry, hilly coastline facing the Gulf of Oman and you can take in its key sights in a day. We find the Mutrah souk disappointing but don't miss the Royal Opera House with its Ferrero Rocher interiors, the magnificent Grand Mosque, and Bait Al Zubair, a switched-on heritage museum, arts space, cafe and gift shop in Old Muscat.

After all that sightseeing, we feel entitled to some R&R – and the coolest place to do this is the Chedi.

'It's only when we get up at 5.30am to take a sunrise walk that we truly appreciate the Alila's stunning location'







Clockwise from top: the Chedi Muscat is the perfect place to relax; visit in spring to see the roses bloom in Al Ayn; the Grand Mosque; the city of Muscat lies on the Arabian Sea with the Al Hajar mountains behind it; colourful *kuma* caps on sale at the souk

Only 15 minutes from the airport with huge palm-filled gardens, white Moorish-style buildings, a private beach and three swimming pools (including one 103m long), this tranquil resort is ideal for some classy fly-and-flop, with a palatial spa and complimentary yoga and Pilates at weekends. We could have easily spent our whole holiday here, but Oman deserves exploring. On our last day we take a three-hour cruise with Ocean Blue on a catamaran, sailing south to snorkel amid the clear waters and coral reefs of Bandar Khayran. Along the way our host, Clara, points out all the coastal sites where new luxury hotels are now arising. This is a desert getaway we're all going to hear a lot more of, and after a week discovering Oman's charms it's not hard to see why. ■



BOOK NOW

■ Oman Air (0844 482 2309; omanair.com) flies direct from London Heathrow to Muscat, from £554 return in November. Visas cost 5 Omani rials on arrival, take cash.

■ **Stay at Desert Nights Camp (omanhotels.com/desertnightscamp), Alila Jabal Akhdar (alilahotels.com) and the Chedi Muscat (ghmhotels.com). Ocean Blue (oceanblueoman.com) offers sailing trips.**

■ UK tour operators include Corinthian Travel (corinthiantravel.co.uk), Oman Holiday Architects (omanholidayarchitects.net) and Scott Dunn (scottdunn.com).

■ **October to April are the best months to visit, but January and February can be cooler and wetter.**

■ *Lonely Planet Oman, UAE And The Arabian Peninsula* (£19.99, Lonely Planet) covers the region, or visit omantourism.gov.om.

ADDITIONAL PHOTOGRAPHS BY AWL IMAGES, NIGEL TISDALL

LET'S TALK TEA

Whittard of Chelsea tea expert Bethan Thomas travels the world to bring you amazing brews. Get ready to put the kettle on



How did you become a tea expert? 'I moved to China after graduating from university and worked as a marketing intern for an engineering firm. My colleagues all drank a variety of loose leaf teas and that's when I realised there was more to tea than a bag and milk. I returned to the UK after 18 months to complete a master's degree in Chinese Studies, then, three years ago, I moved to Fujian province in China to complete a masters in Tea Science.'

Are there any special skills you need to be a tea sommelier? 'You have to work hard to develop your palate. In general, it will take five years of tasting to be confident in your tea selections and blending.'

Why do you like working for Whittard? 'The quality of the tea leaves we source are high, and our tea farmers are some of the best in the world. Our unique blends are handcrafted and we're always working to create flavours you won't find anywhere else, like our Toffee Apple for autumn and Red Velvet tea for a sweet treat.'

You must see some amazing places on your travels... 'Fujian province in China will always hold a special place in my heart – its mountains are beautiful, but Darjeeling in India is also an incredible place that I could go back to repeatedly.'



Tea expert Bethan visits one of her favourite places – Fujian province in China, where Whittard sources many of its unique blends

Tell us about a typical day at work. 'An average day is varied, but will always include tea tasting – either for new blends and single estate teas we are sourcing or for checking quality is being maintained in our deliveries. I also meet with colleagues to give input into developments like our Tea Bars, which offer customers the opportunity to select food pairings to complement their choice of teas.'

Do you have a favourite tea? 'I love oolong teas and dark roasted oolongs most – Big Red Robe will be in our new tea range and is a personal favourite.'

What about tea/food combinations? 'A lightly roasted Formosa oolong with a spicy stir-fry is fantastic.'

How do you make the perfect cuppa? 'Take the temperature of the water into account. I never let the kettle boil for as long as it wants, as this removes oxygen from the water, making it taste less good.'

Career ambitions? 'To get more people drinking better tea. Whittard is launching 100 different varieties across all tea types, so there'll be something for everyone.'



FANCY A CUPPA?

Head to your nearest Whittard store to pick up one of these free selection boxes of teas. CODE 15101. For full terms and conditions, more information, where to find your nearest store and to learn about Whittard Tea Bars, go to whittard.co.uk.

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Puerto Vallarta's most iconic landmark, Church of Our Lady of Guadalupe

Stay at...

Las Alamandas, a private beach resort located in a 1,500-acre nature reserve with 16 suites decorated in a vivid Mexican style. In November, double rooms cost from £372 (alamandas.com).



Las Alamandas: basically, we think we've found paradise



Secluded Yelapa bay, anyone?

LET'S GO!...

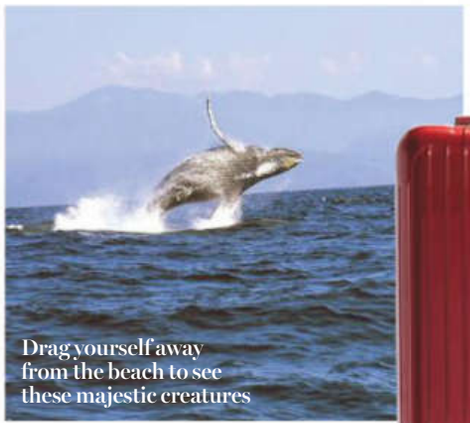
Thomson (thomson.co.uk) flies direct from Gatwick and Manchester to Puerto Vallarta, from £749 return in November. Las Alamandas is a two-hour drive south. Check out *Mexico* (£18.99, Lonely Planet), visitpuertovallarta.com and visitmexico.com/en/costalegre. The dry season is from November to April.



ON LOCATION

MEXICO

Marie Claire's fashion team discovers a colourful Pacific-coast hideaway



Drag yourself away from the beach to see these majestic creatures

MUST DO...

Ride, hike, surf, snorkel and see whales, dolphins and turtles. This is a one-stop luxury eco-retreat with yoga, spa treatments, a 60ft pool and organic cuisine. Oh, plus a choice of 120 high-quality tequilas...

What to pack

Mexico is all about colour and print. The fail-safe way to nail this look is by teaming a classic style with a bold accessory.

1. Sunday Riley Flora Hydroactive Cellular Face Oil, £70 **2. Suitcase, £470**, Rimowa at Harrods **3. Passport holder, £70**, Kate Spade New York **4. Top, £49.99**, Zara **5. Bikini top, £28,** and **bikini bottoms, £16,** both Calzedonia **6. Hat, £190**, Yosuzi at Matchesfashion.com **7. Clutch, £25**, East **8. Sandals, £105**, Ancient Greek Sandals

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InStyle

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CASSIE STEER,
INSTYLE BEAUTY DIRECTOR

SCORPIO
24th October-22nd November

Solar influences suggest you're dressing for success. Image isn't everything, but it will give you the edge at work, so don't feel guilty about spending more on clothes, hair and make-up than usual. Venus even reckons the new, more confident you may enjoy an improved love life soon, too.

Call to hear what your future holds
Weekly 0905 817 1888 **Monthly** 0905 817 1876
Love 0905 817 1864

PISCES
20th February-20th March

Saturn says the only way to achieve respect or reward at work is through hard graft. This is not the month to try to outshine colleagues with 'genius' plans. There's a danger you'll feel exhausted, but a good diet and more exercise will help, as will quality time spent with partners and pals.

Call to hear what your future holds
Weekly 0905 817 1892 **Monthly** 0905 817 1880
Love 0905 817 1868

CANCER
22nd June-23rd July

Creative types should spend time with people much younger than themselves right now. Whether you pay your little ones extra attention or visit friends' kids, they'll make you view the world in a new way. You'll gain a fresh lease of life, and you could even earn extra cash from a different perspective.

Call to hear what your future holds
Weekly 0905 817 1884 **Monthly** 0905 817 1872
Love 0905 817 1860

SAGITTARIUS
23rd November-21st December

A dramatic planetary shift could spell a major change. You're free-spirited by nature, but your sudden urge to move on might take your own breath away. Don't be put off by other people's reactions. Your departure might be upsetting, but those left behind will cope once they get over the shock.

Call to hear what your future holds
Weekly 0905 817 1889 **Monthly** 0905 817 1877
Love 0905 817 1865

ARIES
21st March-20th April

Your ruler Mars is going to make sure you're this month's most popular sign in the zodiac. Naturally, you'll be in your element, but be warned: not everyone will be quite so thrilled by your move to the top spot. A lover, friend or even a boss could feel threatened if you don't include them.

Call to hear what your future holds
Weekly 0905 817 1893 **Monthly** 0905 817 1881
Love 0905 817 1869

LEO
24th July-23rd August

Oversharing is not normally a problem for tight-lipped Leos. Sadly, less-than stellar alignments indicate you might be tempted to divulge too much information. Don't: your sudden need to unload won't make you feel better, nor will it make people relate to you more.

Call to hear what your future holds
Weekly 0905 817 1885 **Monthly** 0905 817 1873
Love 0905 817 161

HOROSCOPES

Your forecast for this month by *Marie Claire*'s astrologer, *Adele Lang*



November birthstone: citrine. 'Eternal daffodil' silver, 9ct-gold and citrine earrings, **£219**, Clogau

CAPRICORN
22nd December-20th January

Venus wants you to turn business into pleasure. All work and no play is making life dull, so have some fun on the job and take a long lunch (or two) with colleagues or clients – you won't ruin your reputation. Besides, Mars is on hand to ensure you don't lurch from one extreme to another.

Call to hear what your future holds
Weekly 0905 817 1890 **Monthly** 0905 817 1878
Love 0905 817 1866

TAURUS
21st April-21st May

Given that the only planet not moving forward is career-ruler Uranus, you should be feeling pleased. Romance is on the up, finances aren't dire and family members are finally co-operating. Previously, your job was always your saving grace and even that will be looking good again next month.

Call to hear what your future holds
Weekly 0905 817 1894 **Monthly** 0905 817 1882
Love 0905 817 1870

VIRGO
24th August-23rd September

Both Mars and Venus seem set to ease any financial pressures you have. Partners and parents may be about to provide assistance, too, but don't go crazy with unexpected windfalls. Instead, use extra funds to pay off current debts. Boring, yes, but at least you won't have to dodge creditors.

Call to hear what your future holds
Weekly 0905 817 1886 **Monthly** 0905 817 1874
Love 0905 817 1862

AQUARIUS
21st January-19th February

When Neptune starts moving forwards, financial affairs should become clearer. This will be a relief for those of you who have been left in the dark. Support from friends and family has helped, but it's the advice you gain from impartial professionals that will turn situations around.

Call to hear what your future holds
Weekly 0905 817 1891 **Monthly** 0905 817 1879
Love 0905 817 1867

GEMINI
22nd May-21st June

Much as Jupiter is urging you to be a more organised parent, partner or employee, it's not fair to expect you to change overnight. Years of cosmic conditioning mean you've learned to relish your role as the 'forgetful but fun' one. Still, it wouldn't hurt you to write a few lists and start wearing a watch.

Call to hear what your future holds
Weekly 0905 817 1895 **Monthly** 0905 817 1883
Love 0905 817 1871

LIBRA
24th September-23rd October

While flagging careers won't be resurrected this year, languishing Librans can do plenty to improve the situation. For starters, get loved ones on board with any ambitious plans you have: time spent nurturing them now will mean they'll be super-supportive in the very near future.

Call to hear what your future holds
Weekly 0905 817 1887 **Monthly** 0905 817 1875
Love 0905 817 1863

Terms & conditions Weekly star lines are updated every Saturday. Calls cost 80p per minute plus your telephone company's network access charge, and last 4-5 minutes. You must have the bill payer's permission. SP: Spoke 0333 202 3390



Shoes, **£70**, Aldo; trousers, **£39.99**, Zara



Bag, **£1,935**, Chloé; top, **£59**, and trousers, **£79**, both COS

IT'S ALL ABOUT...

PATCHWORK

Make do and spend: these craft-forward pieces are pure luxury

Photographs by **PETER PEDONOMOU** ***Styled by*** **GRACE SMITHAM**



Dress, **£620**, Stills; bag, **£35**, ASOS



Boots, **£1,450**, Burberry Prorsum

HAIR BY TERRI CAPON USING BALMAIN PARIS HAIR COUTURE. MAKE-UP BY ANDRIANI VASILIOU AT STELLA CREATIVE ARTISTS USING NARS COSMETICS. MODEL: CLAUDIA GOULD AT THE HIVE MANAGEMENT


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